



CINCINNATI FITNESS & BOXING

CLASS SCHEDULE & INFORMATION



| <u>MONDAY</u> | | |
|---------------|------------|-----------------------|
| <u>Start</u> | <u>End</u> | <u>Class</u> |
| 4:00pm | 5:30pm | Amateur Boxing * |
| 6:00pm | 7:00pm | FITNESS BOXING |

| <u>TUESDAY</u> | | |
|----------------|------------|-------------------|
| <u>Start</u> | <u>End</u> | <u>Class</u> |
| 4:00pm | 5:30pm | Amateur Boxing * |
| 6:00pm | 7:00pm | Strength Training |

| <u>WEDNESDAY</u> | | |
|------------------|------------|-----------------------|
| <u>Start</u> | <u>End</u> | <u>Class</u> |
| 4:00pm | 5:30pm | Amateur Boxing * |
| 5:30pm | 6:30pm | Kids' MMA |
| 6:30pm | 7:30pm | FITNESS BOXING |

| <u>THURSDAY</u> | | |
|-----------------|------------|-----------------------|
| <u>Start</u> | <u>End</u> | <u>Class</u> |
| 4:00pm | 5:30pm | Amateur Boxing * |
| 6:15pm | 7:15pm | FITNESS BOXING |

FRIDAY

We periodically run classes on Fridays which are announced ahead of time at the gym and on our Facebook page

| <u>SATURDAY</u> | | |
|-----------------|------------|-----------------------|
| <u>Start</u> | <u>End</u> | <u>Class</u> |
| 9:00am | 10:00am | Member Sparring |
| 10:00am | 11:00am | FITNESS BOXING |
| 11:15am | 12:15pm | Kids' MMA |

CFB Membership Options

| | |
|------------------------------|-------|
| 6 Class Punch Card | \$60 |
| 11 Class Punch Card | \$100 |
| 1 Month Unlimited | \$100 |
| 2 Months Unlimited | \$180 |
| 6 Months Unlimited | \$500 |
| Kids' MMA - 10 Class Card | \$50 |

Website & Social Media

Website: www.CFBFit.com
 Facebook: Cincinnati Fitness & Boxing
 Instagram: CincinnatiFitnessBoxing
 Twitter: @CinFitBoxing

Amateur Boxing

* Amateur Boxing for High School & University of Cincinnati Boxing Teams ask coaches Jeff Perry or Kenny Christo for information



By Appointment

- * **Personal Training**
- * **Private Group Classes**
 - * 5-10 people = \$15 per person
 - * 11+ people = \$10 per person

Amateur Boxing

www.CincinnatiAmateurBoxingClub.com
 Facebook: Cincinnati High School Boxing
 Instagram: CinHighSchoolBoxing
 Twitter: @CHB_UC_Boxing