



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

<u>FRIDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
5:30pm	6:30pm	Strength Training

<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

High School & UC Teams

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

Website & Social Media

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

By Appointment

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

Bootcamps

- * **Morning Bootcamp** - Mon/Wed/Fri at 5:30am - 6 week sessions for \$150