

## **Class Schedule**

Written by Administrator

Wednesday, 01 July 2015 00:00 - Last Updated Monday, 11 September 2017 02:40

---

### **MONDAY**

4:00pm - Amateur Boxing (High School & UC Boxing Teams)

***6:00pm - Fitness Boxing\****

### **TUESDAY**

4:00pm - Amateur Boxing (High School & UC Boxing Teams)

6:00pm - Strength Training Class

### **WEDNESDAY**

4:00pm - Amateur Boxing (High School & UC Boxing Teams)

5:30pm - Kids MMA

## **Class Schedule**

Written by Administrator

Wednesday, 01 July 2015 00:00 - Last Updated Monday, 11 September 2017 02:40

---

**6:30pm - Fitness Boxing\***

### **THURSDAY**

4:00 pm - Amateur Boxing (High School & UC Boxing Teams)

**6:15 pm - Fitness Boxing\***

□

### **FRIDAY**

There are currently no ongoing classes on Fridays. However, we do run periodic special classes on Fridays.

### **SATURDAY**

9:00 am - Open Sparring

**10:00 am - Fitness Boxing\***

## **Class Schedule**

Written by Administrator

Wednesday, 01 July 2015 00:00 - Last Updated Monday, 11 September 2017 02:40

---

11:15 am - Kids MMA

### **By Appointment During Off-Class Hours**

Personal Training - Individual, Dual and Overlapping Training Available

Private Group Classes (6+ people)

**\* Fitness Boxing is our core class that new members should ideally come to for their first class a**