



CINCINNATI FITNESS & BOXING

CLASS SCHEDULE & INFORMATION



<u>MONDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
5:30am	6:30am	Strength Training
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
6:15pm	7:15pm	FITNESS BOXING

<u>THURSDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
5:30am	6:30am	Strength Training
4:00pm	5:30pm	Amateur Boxing *
6:00pm	7:00pm	FITNESS BOXING

FRIDAY

No scheduled classes on Fridays or Sundays

<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
 Instagram: jeffperry_ucboxing
 Twitter: @CHB_UC_Boxing
 email: cincinnatifitnessboxing@outlook.com