

Class Schedule

Written by Administrator

Wednesday, 01 July 2015 00:00 - Last Updated Thursday, 24 September 2020 18:17

MONDAY

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

6:00pm - Fitness Boxing*

TUESDAY

6:00pm - Strength Training Class

WEDNESDAY

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

5:30pm - Kids MMA

6:15pm - Fitness Boxing*

Class Schedule

Written by Administrator

Wednesday, 01 July 2015 00:00 - Last Updated Thursday, 24 September 2020 18:17

THURSDAY

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

6:00 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*

11:15 am - Kids MMA

Class Schedule

Written by Administrator

Wednesday, 01 July 2015 00:00 - Last Updated Thursday, 24 September 2020 18:17

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**