

CLASS SCHEDULE & HOURS OF OPERATION

[Schedule subject to change]

OPEN 24/6
SUN CLOSED @ NOON
MON OPENS 6AM

monday	tuesday	wednesday	thursday	friday	saturday
	6:15AM BOXING CONDITIONING CLASS		6:15AM BOXING CONDITIONING CLASS		
12PM BOXING & STRENGTH CLASS		12PM BOXING & STRENGTH CLASS	4:30pm - 6pm young heroes		12PM BOXING CONDITIONING CLASS
4:30pm-6pm YOUNG HEROES	6PM INTRO TO BOXING		6PM WOMEN'S ONLY BOXING CLASS		
GPM KICKBOXING	7PM BOXING CONDITIONING CLASS	6PM KICKBOXING	7PM BOXING CONDITIONING CLASS		
7PM BOXING CONDITIONING CLASS	7PM - 10PM AMATEUR FIGHT TEAM TRAINING	7PM BOXING CONDITIONING CLASS	7PM - 10PM AMATEUR FIGHT TEAM TRAINING		
8PM BOXING TECHNICAL CLASS	GPM BOXING TECHNICAL CLASS	8PM BOXING TECHNICAL CLASS	GPM BOXING TECHNICAL CLASS	8PM KING OF KINGS ASK FOR INFO	