

BOXING

schedule of classes

● Monday

7:30pm- Boxing Techniques

● Wednesday

7:30pm- Boxing Techniques

● Friday

4:30pm- Boxing Techniques

● Tuesday

11:00am- Boxing

Conditioning/ Bag Work

5:30pm- Bag Work

7:30pm- Boxing Techniques

● Thursday

11:00am- Boxing

Conditioning/ Bag Work

5:30pm- Bag Work

7:30pm- Boxing Techniques

● Saturday

12:30- Boxing Techniques

