

Fitness Boxing Schedule

Week of: **September 4**

	9/4 MONDAY	9/5 TUESDAY	9/6 WEDNESDAY	9/7 THURSDAY	9/8 FRIDAY
6:00 AM	Boxing Fundamentals	Intermediate Boxing	Women's Boxing	Intermediate Boxing	Boxing Fundamentals
6:30 AM					
7:00 AM	Advanced Boxing	All Levels	Advanced Boxing	All Levels	Women's Boxing
7:30 AM					
11:30 AM					
12:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
12:30 PM					
4:00 PM	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing
4:30 PM					
5:00 PM					
5:30 PM	All Levels	Womens Boxing	All Levels	Womens Boxing	All Levels
6:00 PM					
6:30 PM	Advanced Boxing	Boxing Fundamentals	Advanced Boxing	Boxing Fundamentals	Advanced Boxing
7:00 PM					
7:30 PM					
8:00 PM	Competitive Boxing	Competitive Boxing	Competitive Boxing	Competitive Boxing	Competitive Boxing
8:30 PM					
