

# DAVE LEWTER'S



## BOXING SYSTEM

Powered by.....



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am 10:00 am	Hard Exercise Works Classes are every hour on the hour					Open Gym 6:00am - 2:00pm
6:00 am 8:30 pm	Open Gym					Boxing Boot Camp 11:30 - 12:30
2:00 pm 6:00 pm	Hard Exercise Works Classes are every hour on the hour					HEW 6:00am – 2:00pm Classes are on the hour
5:00 pm 6:00 pm	Kid's Boxing (Shadow)		Kid's Boxing (Shadow)		Kid's Boxing (Shadow)	
6:00 pm 7:00 pm	Muay Thai Kickboxing (Bryce)	Kickboxing	Muay Thai Kickboxing (Bryce)	Kickboxing	Muay Thai Kickboxing (Bryce)	
6:00 pm 7:00 pm	Boxing Fundamentals & Conditioning (Tony)	Boxing Fundamentals & Conditioning (Dave)	Boxing Fundamentals & Conditioning (Tony)	Boxing Fundamentals & Conditioning (Dave)	Boxing Fundamentals & Conditioning (Frankie)	
7:00 pm 8:00 pm	Adv. Boxing & Conditioning (Dave)	Sparring (Dave)	Adv. Boxing & Conditioning (Dave)	Sparring (Dave)	Adv. Boxing & Conditioning (Dave)	
7:00 pm 8:00 pm	Brazilian Jiu jitsu (Jimmy)	Open Mats	Brazilian Jiu Jitsu (Jimmy)	Open Mats	Open Mats	

- All classes are taught by qualified instructors.
- Boxing and kickboxing classes are high energy, high pace, and a great cardio workout. These classes are designed to make you sweat, lose weight, and have fun.
- Technical classes teach practical boxing and kickboxing skills by exercising precise moves at an intense pace. The technical classes are great for both beginners and more advanced athletes.
- Sparring classes allow a one-on-one experience with the teacher or another student. All sparring is done in a supervised atmosphere with controlled contact.
- Please bring equipment and towels to every workout.