



BOXING SYSTEM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am 2:00 pm	Professional Training					Open Workouts 10:00am – 2:00pm
2:00 pm 8:30 pm	Open Gym					Boxing 11:30am – 12:30pm
6:00 pm 7:00 pm	Boxing Conditioning (Franky)	Kickboxing (Carlos)	Boxing Conditioning (Franky)	Kickboxing (Carlos)	Kickboxing (Carlos)	
7:00 pm 8:00 pm	Boxing Fundamentals & Conditioning (Dave L.)	Boxing Conditioning (Franky)	Boxing Fundamentals & Conditioning (Dave L.)	Boxing Conditioning (Franky)	Boxing (Franky)	

- 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.

2549 North Military Trail • West Palm Beach, FL 33409 • 561-689-1155