



We Build Champions Boxing & Kickboxing Schedule

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-11am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	High Energy Kickboxing ALL LEVELS	
11am-12pm	High Energy Kickboxing ALL LEVELS	OPEN GYM	High Energy Kickboxing ALL LEVELS	OPEN GYM	High Energy Kickboxing ALL LEVELS	High Energy Kickboxing ALL LEVELS	
12pm to 4pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
4:30pm to 5:30pm	Kickboxing Muay Thai ALL LEVELS	High Energy Kickboxing ALL LEVELS	Kickboxing Muay Thai ALL LEVELS	MMA ALL LEVELS	Boxing ALL LEVELS		
5:30pm to 6:30pm	Boxing ALL LEVELS	Boxing ALL LEVELS	Boxing ALL LEVELS	Boxing ALL LEVELS	Contact Boxing/ Kickboxing INVITE ONLY		
6:30pm to 7:30pm	Kickboxing Muay Thai BEGINNER	Kickboxing Muay Thai ADVANCED	Kickboxing Muay Thai ALL LEVELS	Kickboxing Muay Thai ADVANCED	Kickboxing Muay Thai ALL LEVELS		
7:30pm to 8:30pm	Kickboxing Muay Thai ALL LEVELS	Kickboxing Muay Thai ALL LEVELS	Boxing ALL LEVELS	Kickboxing Muay Thai ALL LEVELS			
8:30pm to 9:30pm	High Energy Kickboxing ALL LEVELS	High Energy Kickboxing ALL LEVELS	High Energy Kickboxing ALL LEVELS	Kickboxing Muay Thai BEGINNER			

Drop-In Fee: \$25.00 per class

**Note: Contact boxing class is "by t Boxing & Kick Coaching Staff invite only." If you have a desire to participate please see Travis or Gary

- Sparring equipment required: 16oz sparring gloves, head gear, mouth piece, groin protector, shin guards. **No exceptions will be made for the sparring requirements!**
- Be sure to ask about the right glove prior to purchasing sparring gloves. (There is a difference between 16oz sparring gloves and 16oz bag gloves)
- **Coaching Changes are subject to change without Notice**