



OPEN GYM USE /GYM HOURS OF OPERATION

MONDAY-FRIDAY: 9:00AM – 9:00PM

SATURDAY-SUNDAY 10:00AM – 3:00PM

305- 672-8262/www.SouthBeachBoxing.com

Inquire about our In & Out Workouts

CLASS SCHEDULE

(All classes cater to ALL levels – Beginners to Advanced – except contact sports)

YOU’LL NEVER TAKE THE SAME CLASS TWICE – always different, never the same

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7:00am-8:00 am</u>	*	Warrior Workout <i>Bojan</i>	*	Warrior Workout <i>Bojan</i>	*	*	*
<u>9:30am-10:30am</u>	*	*	Warrior Workout <i>Bojan</i>	*	Warrior Workout <i>Bojan</i>	*	*
11:00am-12:00pm	*	*	*	*	*	Kickboxing <i>Bojan</i>	Warrior Boot Camp <i>Bojan</i>
12:00pm-1:00pm	Boxing <i>Ervin</i>	Boxing <i>Romeo</i>	Boxing <i>Ervin</i>	Boxing <i>Romeo</i>	Boxing <i>Ervin</i>	Boxing <i>Romeo</i>	*
4:30pm-5:30pm	*	Anti-Bully Kids’ Class (7-14 yr olds) <i>Romeo</i>	*	Anti-Bully Kids’ Class (7-14 yr olds) <i>Romeo</i>	*	*	*
5:30pm-6:30 pm	Boxing <i>Bojan</i>	Boxing <i>Ervin</i>	Boxing <i>Bojan</i>	Boxing <i>Ervin</i>	End the week w/ a bang 6:00-7:30 Romeo	*	*
6:30pm-7:30pm	Boxing <i>Ervin</i>	Boxing <i>Romeo</i>	Boxing <i>Ervin</i>	Boxing <i>Romeo</i>		*	*
7:30pm-8:30pm	Kickboxing <i>Bojan</i>	Muay Thai (& Self Defense) <i>Romeo</i>	Kickboxing <i>Bojan</i>	Muay Thai (focus pads / techniques) <i>Romeo</i>	*	*	*
<u>7:30pm-8:30pm</u> WEST SIDE	Focus Pads & Boxing Techniques <i>Romeo</i>	*	Boxing Sparring (Contact Class) <i>Romeo</i>	*		*	*
CONTACT SPORTS (mouthpiece required)	Technical Kickboxing 8:30PM-9:00PM <i>Bojan</i>	Self Defense <i>Romeo</i>	Technical Kickboxing 8:30PM-9:00PM <i>Bojan</i>	Technical Muay Thai 8:30PM-9:00PM <i>Romeo</i>	*	*	*

CALL FOR YOUR FREE CLASS

Includes free glove rental & must buy / bring own wraps (\$10+tax). Must be 1st timers only w/ local FL ID

* All guests must arrive 20 minutes prior to class for an orientation & will need to bring a towel

- * All classes are different; you'll never take the same class twice!
- * Fitness for all levels ranging from ages 7 and up
- * We're a fitness school with individualized training and also offer privates
- * Make sure to download our "SOUTH BEACH BOXING" app

STAY CONNECTED: FACEBOOK/TWITTER/INSTAGRAM
715 Washington Avenue, 2nd floor, Miami Beach FL 33135

