

## Monday

Warrior Conditioning Workout

9:30 am - 10:30 am

Bojan

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Boxing

12:00 pm - 1:00 pm

Ervin

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Boxing

5:30 pm - 6:30 pm

Bojan

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Focus Pads  
& Boxing Techniques

6:30 pm - 7:30 pm

Romeo

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Kickboxing

7:30 pm - 8:30 pm

Bojan

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Sparring

7:30 pm - 8:30 pm

Romeo · Contact Classes  
(Mouthpiece required)

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## Tuesday

Boxing/Kickboxing  
Warrior Workout

7:00 am - 8:00 am

Bojan · Non members must make prior appointment  
to attend

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Boxing

12:00 pm - 1:00 pm

Romeo

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Anti-Bully / Jolie's Kids

4:30 pm - 5:30 pm

(Ages: 7 to 15) · Romeo

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Boxing

5:30 pm - 6:30 pm

Alissa

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Boxing 6:30 pm - 7:30 pm  
Romeo

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Kickboxing 7:30 pm - 8:30 pm  
(Muay Thai)  
Romeo

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## Wednesday

Boxing/Kickboxing 7:00 am - 8:00 am  
Warrior Workout  
Bojan · Non members must make prior appointment  
to attend

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Warrior Conditioning Workout 9:30 am - 10:30 am  
Bojan

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Boxing 12:00 pm - 1:00 pm  
Ervin

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Boxing 5:30 pm - 6:30 pm  
Bojan

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Boxing Drills and Skills 6:30 pm - 7:30 pm  
Romeo

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kickboxing 7:30 pm - 8:30 pm  
Bojan

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## Thursday

Boxing/Kickboxing 7:00 am - 8:00 am  
Warrior Workout  
Bojan · Non members must make prior appointment  
to attend

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Boxing 12:00 pm - 1:00 pm  
Romeo

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Anti-Bully / Jolie's Kids

4:30 pm - 5:30 pm

(Ages: 7 to 15) · Romeo

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Boxing

5:30 pm - 6:30 pm

Juan

---

Boxing

6:30 pm - 7:30 pm

Romeo

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Kickboxing

7:30 pm - 8:30 pm

(Muay Thai)

Romeo

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Sparring

8:30 pm - 9:00 pm

Romeo · Contact Clas  
(Mouthpiece required)

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## Friday

Warrior Conditioning Workout

9:30 am - 10:30 am

Bojan

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Boxing

12:00 pm - 1:00 pm

Ervin

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End The Week With A Bang!

6:00 pm - 7:30 pm

(1h30 class) · Romeo

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## Saturday

Open Gym

10:00 am - 10:30 am

Starts at 10am

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Kickboxing

11:00 am - 12:00 pm

Bojan

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Boxing

Romeo 12:00 pm - 1:00 pm

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Gym Closed 3:00 pm - 3:00 pm

Gym Open until 3:00 pm

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## Sunday

Open Gym 10:30 am - 11:00 am

Starts at 10:30am

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Warrior Boot Camp / Kickboxing 11:00 am - 12:00 pm

Bojan · Members Only

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Gym Closed 12:00 pm - 12:30 pm

Gym Open to 12:30 pm

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