Young Champions
Fitness Boxing
Muay Thai
Boxing Fight Team
Open Mat
Yoga

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-10 AM Yoga 10:15-11:15 AM Fitness Boxing	6-7 AM Fitness Boxing 12-1 PM Fitness Boxing		6-7 AM Fitness Boxing 12-1 PM Fitness Boxing		12-1 PM Fitness Boxing	11 AM-12:30 PM Boxing Fight Team (Level 1 & 2) 12-1:30 PM Boxing Fight Team (Level 3 & 4) 12-1 PM Fitness Boxing 12-1 PM Muay Thai
	5-6 PM Young Champions Coach Q 6-7:30 PM Boxing Fight Team (Level 1 & 2) 6:30-7:30 PM Fitness Boxing 6:30-7:30 PM Fundamentals of Muay Thai 7:30-9 PM Boxing Fight Team (Level 3 & 4)	5-6 PM Young Champions Coach Q 6-7:30 PM Boxing Fight Team (Level 1 & 2) 6:30-7:30 PM Fitness Boxing 7:30-9 PM Boxing Fight Team (Level 3 & 4)	5-6 PM Young Champions Coach Q 5:00-6:00 PM Fitness Boxing 6-7:30 PM Boxing Fight Team (Level 1 & 2) 6:30-7:30 PM Muay Thai (Technical) 7:30-9 PM Boxing Fight Team (Level 3 & 4)	5-6 PM Young Champions Coach Q 5-6 PM Fitness Boxing 6-7:30 PM Boxing Fight Team (Level 1 & 2) 6:30-7:30 PM Muay Thai (Technical) 7:30-9 PM Boxing Fight Team (Level 3 & 4)	5-6 PM Young Champions Coach Q 5-6:30 PM Open Mat	