



January 2nd - June 30th, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:50 - 6:40 am BOXFIT* Bootcamp		5:50 - 6:40 am BOXFIT* Bootcamp			
9:30 - 10:20 am BOXFIT* Circuit	9:30 - 10:20 am BOXFIT* Strength	9:30 - 10:20 am BOXTECH* (All levels)	9:30 - 10:20 am BOXFIT* Booty	9:30 - 10:20 am BOXFIT*	9:30 - 10:20 am LITTLE CHAMPS* (All levels)	9:30 - 10:20 am LITTLE BOXERS* (All levels)
			10:30 - 11:20 am BOXFIT* Babes		10:30 - 11:20 am BOXTECH* (All levels)	10:30 - 11:20 am BOXTECH* Youth & Adult (W/Y)
12:00 - 12:50 pm BOXTECH* (All levels)			12:00 - 12:50 pm BOXTECH* Fundamentals		11:30 - 12:20 pm BOXTECH* Youth (All levels)	11:30 - 12:20 pm BOXTECH* Youth & Adult (G/B+)
	3:00 - 4:30 pm BOXTECH* Team High Performance (Red/Black)		3:00 - 4:30 pm BOXTECH* Team High Performance (Red/Black)			12:30 - 1:20 pm BOXTECH* Youth & Adult (Blue Sparring)
4:00 - 4:50 pm BOXFIT* Blitz	3:45 - 4:20 pm LITTLE CHAMPS* (All levels)	4:00 - 4:50 pm BOXFIT*	3:45 - 4:20 pm LITTLE CHAMPS* (All levels)	4:00 - 4:50 pm LITTLE CHAMPS* (All levels)	4:00 - 4:50 pm BOXTECH* Youth (All levels)	4:00 - 4:50 pm BOXTECH* Family (All levels)
	4:30 - 5:20 pm LITTLE BOXERS* (All levels) Mezzanine		4:30 - 5:20 pm LITTLE BOXERS* (All levels) Mezzanine			
5:00 - 5:50 pm BOXTECH* Youth (W/Y)	5:30 - 6:20 pm BOXTECH* Youth (W/Y)	5:00 - 5:50 pm LITTLE BOXERS* (All levels) Mezzanine	5:00 - 5:50 pm BOXTECH* Youth (All levels)	5:00 - 5:50 pm BOXTECH* (All levels)	5:00 - 5:50 pm BOXFIT* Circuit	
5:00 - 5:50 pm BOXTECH* Youth (G/B+)	5:30 - 6:20 pm BOXTECH* Youth (G/B+)		5:30 - 6:20 pm BOXTECH* Youth (W/Y)	5:30 - 6:20 pm BOXTECH* Youth (G/B+)		
5:20 - 5:50 pm LITTLE BOXERS* (Blue+ Sparring)						
6:00 - 7:30 pm BOXTECH* Team Development & High Performance (Red/Black)	6:30 - 7:20 pm BOXFIT* Pink	6:00 - 7:30 pm BOXTECH* Team Development & High Performance (Red/Black)	6:00 - 6:50 pm BOXFIT* Strength	6:00 - 7:30 pm BOXTECH* Team Development & High Performance (Red/Black)		
7:00 - 7:50 pm BOXTECH* (W/Y)	6:30 - 7:20 pm BOXFIT*		7:00 - 7:50 pm BOXTECH* (W/Y)	6:30 - 7:20 pm BOXFIT* Booty		
7:00 - 7:50 pm BOXTECH* (G/B+)			7:00 - 7:50 pm BOXTECH* (G/B+)	LIZ		
	7:30 - 8:20 pm BOXTECH* Youth & Adult (Red/Black)		7:30 - 8:20 pm BOXTECH* (W/Y)	7:30 - 8:20 pm BOXTECH* (G/B+)		
	7:30 - 8:20 pm BOXTECH* (W/Y)		7:45 - 8:20 pm BOXTECH* (Blue Sparring)			
	7:30 - 8:20 pm BOXTECH* (G/B+)					

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