

SEPTEMBER 2ND - DECEMBER 21ST, 2025

CLASS SCHEDULE

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
			6 - 6:50 am	Boxfit® Rise			6 - 6:50 am	Boxfit® Rise												
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	Boxfit®	9:30 - 10:20 am	Boxfit®	9:30 - 10:20 am	Boxfit® Circuit			
								10:30 - 11:20 am	Boxfit® Babes						Little Champs®: All levels (Mezzanine)		Little Champs®: All levels (Mezzanine)			
12 - 12:50 pm	Boxtech®: All levels	12 - 12:50 pm	Boxtech®: All levels		12 - 12:50 pm	Boxfit® Circuit		12 - 12:50 pm	Boxtech®: All levels						Little Boxers®: All levels (Mezzanine)		Little Boxers®: All levels (Mezzanine)			
		4 - 4:30 pm	Little Champs®: All levels (Mezzanine)					4 - 4:30 pm	Little Champs®: All levels (Mezzanine)			10:30 - 11:20 am	Boxtech®: All levels	10:30 - 11:20 am	Boxtech®: W/Y Gloves		Boxtech®: W/Y Gloves			
4 - 4:50 pm	Boxfit® Blitz	4:30 - 5:20 pm	Boxfit®: Arms and Core		4 - 4:50 pm	Boxfit®		4:30 - 5:20 pm	Boxfit®	4 - 4:50 pm	Little Champs®: All levels (Mezzanine)	11:30 - 12:20 pm	Boxtech® Youth: All levels		Boxtech® Youth: W/Y Gloves		Boxtech® Youth: W/Y Gloves			
	Little Boxers®: All levels (Mezzanine)		Little Boxers®: All levels (Mezzanine 4:35 pm)			Little Boxers®: All levels (Mezzanine)			Little Boxers®: All levels (Mezzanine 4:35 pm)		Little Boxers®: All levels (Mezzanine)	Private & Special Bookings	11:30 - 12:20 pm	Boxtech®: G/B+ Gloves		Boxtech®: G/B+ Gloves				
5 - 5:50 pm	Boxtech® Youth: White Gloves		Boxtech® Youth: W/Y Gloves		5 - 5:50 pm	Boxtech® Youth: W/Y Gloves		Boxtech® Youth: W/Y Gloves		Boxtech® Youth: W/Y Gloves					Boxtech® Youth: All levels		Boxtech® Youth: G/B+ Gloves		Boxtech® Youth: G/B+ Gloves	
	Boxtech® Youth: Y/G/B+ Gloves + Sparring	5:30 - 6:20 pm	Boxtech® Youth: G/B+ Gloves			Boxtech® Youth: G/B+ Gloves		5:30 - 6:20 pm	Boxtech®: W/Y Gloves	5 - 5:50 pm	Boxfit®Circuit					12:30 - 1:20 pm	Boxtech®: Sparring (Blue+ Gloves)		Boxtech®: Sparring (Blue+ Gloves)	
5:20 - 5:50 pm	Little Boxers®: Sparring (Blue+ Gloves)		Boxtech®: Youth & Adult Red Gloves +						Boxtech® Youth: G/B+ Gloves		Boxtech®: All levels				Boxtech® Youth: Sparring (Blue+ Gloves)		Boxtech® Youth: Sparring (Blue+ Gloves)			
6 - 6:50 pm	Boxfit®	6:30 - 7:20 pm	Boxfit® Pink		6 - 6:50 pm	Boxfit® Strength		6:30 - 7:20 pm	Boxfit® Booty	6 - 7:30 pm	Boxtech® Team						Private & Special Bookings			
6 - 7:30 pm	Boxtech® Team		Boxfit®		6 - 7:30 pm	Boxtech® Team			Boxtech®: Youth & Adult (Blue+ Gloves) Intro to Sparring											
7 - 7:50 pm	Boxtech®: All levels	7:30 - 8:20 pm	Boxtech®: W/Y Gloves		7 - 7:50 pm	Boxtech®: All levels		7:30 - 8:20 pm	Boxtech®: W/Y Gloves											
			Boxtech®: G/B+ Gloves		8:00 - 8:30 pm	Boxtech®: Sparring (Blue+ Gloves)			Boxtech®: G/B+ Gloves											