



## January 2nd - January 31st, 2024



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 BOXFIT* Circuit
					10:30 - 11:20 am BOXTECH* Youth & Adult (All levels)	10:30 - 11:20 am BOXTECH* Youth & Adult (W/Y)
					11:30 - 12:30 pm BOXTECH* Youth (All levels)	11:30 - 12:30 pm BOXTECH* Youth & Adult (G/B+)
						12:30 - 1:20 pm BOXTECH* Youth & Adult (Blue Sparring)
4:00 - 4:50 pm LITTLE BOXERS* (All levels)	3:45 - 4:20 pm LITTLE CHAMPS* (All levels)	4:00 - 4:50 pm LITTLE BOXERS* (All levels)	3:45 - 4:20 pm LITTLE CHAMPS* (All levels)	4:00 - 4:50 pm LITTLE CHAMPS* (All levels)		
	3:00 - 4:30 pm BOXTECH* Team High Performance (Red/Black)		3:00 - 4:30 pm BOXTECH* Team High Performance (Red/Black)			
	4:30 - 5:20 pm LITTLE BOXERS* (All levels)		4:30 - 5:20 pm LITTLE BOXERS* (All levels)			
5:00 - 5:50 pm BOXTECH* Youth (W)	4:30 - 5:20 pm BOXTECH* Youth (W/Y)	5:00 - 5:50 pm BOXTECH* Youth (All levels)	4:30 - 5:20 pm BOXTECH* Youth (W/Y)	5:00 - 5:50 pm BOXTECH* Youth (All levels)		
5:30 - 6:00 pm LITTLE BOXERS* (Blue Sparring)	5:30 - 6:20 pm BOXTECH* Youth (G/B+)	5:30 - 6:00 pm LITTLE BOXERS* (Blue Sparring)	5:30 - 6:20 pm BOXTECH* Youth (G/B+)	5:30 - 6:20 pm BOXFIT* (All levels)		
6:00 - 7:30 pm BOXTECH* Team Development & High Performance (Red/Black)	6:00 - 6:50 pm BOXFIT* (All levels)	6:00 - 7:30 pm BOXTECH* Team Development & High Performance (Red/Black)	6:00 - 6:50 pm BOXFIT* (All levels)	6:00 - 7:30 pm BOXTECH* Team Development & High Performance (Red/Black)		
	6:30 - 7:20 pm BOXFIT* Pink		6:30 - 7:20 pm BOXTECH* (W/Y)			
	7:00 - 7:50 pm BOXTECH* (All levels)		7:00 - 7:50 pm BOXTECH* (All levels)			
	7:30 - 8:20 pm BOXTECH* (G/B+)		7:30 - 8:20 pm BOXTECH* (G/B+)			

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