


Boxing + Conditioning

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	<p>Available for One on One and Group Personal Training Sessions</p> <p>At any time (24/7) by appointment only</p> <p>For personal training rates please call or stop in</p> <p>All Classes are 1 hour</p>					11:00 AM	MMA Conditioning
						12:00 PM	Boxing
6:30 PM		Strength	MMA Conditioning	Strength	MMA Conditioning		
7:30	MMA Conditioning		Boxing	Boxing			
8:30	Boxing						