



class schedule and descriptions

<i>Eff 8. 1.2010</i> <u>Hours Open</u>	<i>Sunday</i> <u>2pm til 6pm</u>	<i>Monday</i> <u>1pm til 9pm</u>	<i>Tuesday</i> <u>1pm til 9pm</u>	<i>Wednesday</i> <u>1pm til 9pm</u>	<i>Thursday</i> <u>1pm til 9pm</u>	<i>Friday</i> <u>1pm til 6pm</u>
1:00pm	Intro to Boxing 2:30-3:00 Boxing Class 3:00-4:00 Open Workout & Sparring 4:00-6:00		Open Workout		Open Workout	
1:30pm		Boxing Class 1:30-2:30	1:00-5:30	Boxing Class 1:30-2:30	1:00-5:30	Boxing Class 1:30-2:30
2:00pm						
2:30pm		Open Workout 2:30-5:30		Open Workout 2:30-5:30		Open Workout 2:30-4:30
3:00pm						
3:30pm						
4:00pm						
4:30pm						Conditioning 4:30-5:00
5:00pm						Open Workout 5:00-6:00
5:30pm			Intro to Boxing 5:30-6:00	Conditioning 5:30-6:00	Intro to Boxing 5:30-6:00	Conditioning 5:30-6:00
6:00pm						
6:30pm		Boxing Class 6:30-7:30	Boxing Class 6:30-7:30	Boxing Class 6:30-7:30	Boxing Class 6:30-7:30	
7:00pm						
7:30pm-Close		Open Workout & Sparring	Open Workout & Sparring	Open Workout & Sparring	Open Workout & Sparring	

class descriptions prospective members – initial class at no charge; please arrive AT LEAST 20 minutes before class time

>> intro to boxing >> ½ hour >> learn the basics of the sport (hand-wrapping, form, stance, breathing, mitts and gloves) in preparation for the 1 hour class; great starting point for members with no prior experience (sun 2:30; mon & wed 5:30)

>> boxing class >> 1 hour >> high energy co-ed group class; boxing skills and incorporated into an interval training session focusing on punch combos, footwork, defense, body work, bag work, etc. (sun 3:00; mon, wed & fri 1:30; mon, tue, wed & thu 6:30)

>> conditioning >> ½ hour >> strength and stretch interval training focusing on lower body, core & upper body; develop lean muscle strength to increase speed and flexibility (tue & thur 5:30; fri 4:30)

>> open workout >> at your pace >> design your own workout using the equipment (bags, balls, ropes, weights, etc) or partner with another member for mitts and gloves drills; trainer on hand to give pointers as needed (various days and times)

>> sparring >> at your pace >> intense defense training with timed rounds in the ring; trainer will supervise and determine readiness; sparring waiver, mouth guard and head gear required (various days and times)

also available:

>> personal training >> ½ hour or 1 hour >> one-on-one speciality sessions with a trainer; single or group (by appointment only)

participation requirements: open workout & sparring available to members with some level of boxing experience (classes or otherwise: and for those who are comfortable self-training; for the best results, allow at least one hour and start your training no later than one hour prior to close; NO open workout allowed during scheduled class times; all others, please attend classes first or arrange for personal training to develop basic skills