

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *					
OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *					
OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			OPEN GYM *			DC- Box FIT 9:30am 8:30-10:15am			OPEN GYM *					
DC-Box Fit -Women 9:30-10:30			DC- Box FIT 9:30-10:30			DC-Box Fit -Women 9:30-10:30			DC- Box FIT 9:30-10:30			DC-Box Fit -Women 9:30-10:30			PEE WEE Boxing (9:30-10:15am) Junior Boxing (10:30-11:30pm)			PEE WEE Muay Thai(9:30-10:30-11:30pm) Junior Muay Thai (10:30-11:30pm)			Adult Recreational Boxing 9am		
OPEN GYM/PT			OPEN GYM/PT			OPEN GYM/PT			OPEN GYM/PT			OPEN GYM/PT			OPEN GYM/PT			Advanced Karate Fighting (10-12)					
OPEN GYM/PT			DC-Box Fit -Women 1pm 12pm-			OPEN GYM/PT			DC-Box Fit -Women 1pm 12pm-			OPEN GYM/PT			Adult recreational Boxing 11:30-12:30 Adult Muay Thai			OPEN GYM *					
Adult Muay Thai 2pm 1pm-			OPEN GYM/PT			Adult Muay Thai 2pm 1pm-			OPEN GYM/PT			Adult Muay Thai 1pm-2pm			OPEN GYM/PT			OPEN GYM *					
OPEN GYM/PT			OPEN GYM/PT			OPEN GYM/PT			OPEN GYM/PT			OPEN GYM/PT			Elite Juniors Muay Thai 2:20pm 1:30-			OPEN GYM*					
Pee Wee Boxing 4:15pm-5pm			Pee Wee Muay Thai 5pm 4:15pm-			Pee Wee Boxing 4:15pm-5pm			Pee Wee Muay Thai 5pm 4:15pm-			Pee Wee Boxing 4:15pm-5pm			OPEN GYM/PT								
Junior Boxing 5pm-6pm			Junior Muay Thai 5pm-6pm			Junior Boxing 5pm-6pm Elite Juniors Muay Thai 5-6pm			Junior Muay Thai 5pm-6pm			Junior Boxing 5pm-6pm											
Adult recreational Boxing 6pm-7:30pm White Collar 6pm-7:30pm Elite Juniors 6pm-7:30pm			Adult recreational Boxing 6pm-7:30pm DC-Box Fit Women 6:30pm-7:30pm			Adult recreational Boxing 18:00-19:30 White Collar 6pm-7:30pm Elite Juniors 6pm-7:30pm			Adult recreational Boxing 6pm-7:30pm DC-Box Fit Women 6:30pm-7:30pm			Adult recreational Boxing 6pm-7:30pm White Collar 6pm-7:30pm Elite Juniors 6pm-7:30pm											
Adult Muay Thai 7:30-9:00pm			Adult Muay Thai 7:30-8:30pm DC-Conditioning			Adult Muay Thai 7:30-9:00pm			Adult Muay Thai 7:30-8:30pm DC-Conditioning			Adult Muay Thai 7:30-9:00pm			CLOSED								
																		CLOSED					