



SUB-JUNIOR	JUNIOR
MONDAY 4PM	MONDAY 4:30PM
TUESDAY 4PM	TUESDAY 4:30PM
WEDNESDAY 4PM	WEDNESDAY 4:30PM
THURSDAY 4PM	THURSDAY 4:30PM
BEGINNER	AMATEUR
MONDAY 5:15PM	MONDAY 6:15PM
TUESDAY 5:15PM	TUESDAY 6:15PM
WEDNESDAY 5:15PM	WEDNESDAY 6:15PM
THURSDAY 5:15PM	THURSDAY 6:15PM

Sub-Junior Boxing (Ages 5-7)

Get your little ones active and having fun in our 30-minute Sub-Junior Boxing class! Perfect for ages 5 to 7, this non-contact session introduces basic boxing techniques through fun drills and activities, helping kids develop coordination, balance, and confidence in a safe and supportive environment.

Junior Boxing (Ages 8-11)

Our 45-minute Junior Boxing class is perfect for kids aged 8 to 11 who are ready to build skills, fitness, and confidence. This non-contact session focuses on developing technique, strength, and coordination through fun and engaging drills, all in a safe and supportive environment.

Beginner Boxing (Ages 12+ to Adult)

Step into the ring with our 1-hour Beginner Boxing class, designed for ages 12 and up, including adults. Perfect for those looking to improve fitness, learn boxing fundamentals, or progress towards competition, this class combines technique, strength training, and conditioning in a supportive environment. Whether you're boxing for fun or aiming for the next level, this is the place to start your journey.

Amateur Boxing Class - Invitational Only

Designed for competitive and pro-level fighters, our Amateur Boxing class focuses on advanced techniques, fight strategies, and peak conditioning to prepare you for success in the ring. Led by experienced coaches, this class offers high-intensity training tailored to fighters actively competing or striving for professional status. Push your limits and refine your skills in a focused, results-driven environment.

BOXING 2025 TIMETABLE