AMERICAN BOXING

MUAY THAI • BOXING • JIU JITSU • PERSONAL TRAINING • CROSSFIT

858-581-2694

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am	Beginner & Advanced **BOXING**	Beginner & Advanced MUAY THAI & KICKBOXING	Beginner & Advanced **BOXING**	Beginner & Advanced MUAY THAI & KICKBOXING	Beginner & Advanced **BOXING**		
7:30 am	**CROSSFIT**	**CROSSFIT**	**CROSSFIT**	**CROSSFIT**	**CROSSFIT**		
8:30 am	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		
9:00 am	Beginner & Advanced MUAY THAI & KICKBOXING	coming soon **NO-GI JIU-JITSU**	Beginner & Advanced MUAY THAI & KICKBOXING	coming soon **NO-GI JIU-JITSU**	Beginner & Advanced MUAY THAI & KICKBOXING		
9:30 am	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	**CROSSFIT**	
10:30 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	**KIDS** CLASS	
11:30 am	**CROSSFIT**	**CROSSFIT**	**CROSSFIT**	**CROSSFIT**	**CROSSFIT**	SPARRING	
12:30 pm	OPEN GYM	Beginner & Advanced **BOXING**	Beginner & Advanced MUAY THAI & KICKBOXING	Beginner & Advanced **BOXING**	OPEN GYM	Beginner & Advanced MUAY THAI & KICKBOXING	Beginner & Advanced MUAY THAI & KICKBOXING
1:30 - 4:00 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	*CLOSED 3pm*	*CLOSED 2pm*
4:00 pm	**KIDS** CLASS	XXXXXX	XXXXXX	**KIDS** CLASS	XXXXXX		
5:30 pm	Beginner & Advanced **BOXING**	Beginner & Advanced MUAY THAI & KICKBOXING	Beginner & Advanced **BOXING**	Beginner & Advanced MUAY THAI & KICKBOXING	Beginner & Advanced **BOXING**		
6:30 pm	Beginner & Advanced MUAY THAI & KICKBOXING / **CROSSFIT**	Beginner & Advanced MUAY THAI & KICKBOXING / **CROSSFIT**	Beginner & Advanced MUAY THAI & KICKBOXING / **CROSSFIT** / SPARRING	Beginner & Advanced MUAY THAI & KICKBOXING / **CROSSFIT**	Beginner & Advanced MUAY THAI & KICKBOXING / **CROSSFIT**		
7:30 pm	**WRESTLING**	**NO-GI JIU-JITSU**	**WRESTLING**	**NO-GI JIU-JITSU**			
8:30 pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
9:00 pm	*CLOSED*	*CLOSED*	*CLOSED*	*CLOSED*	*CLOSED*		