

# JUST BOX

- Boxing & Fitness Gym -

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:45 AM	Fitness	Boxing	Fitness	Boxing	Fitness	
8:45 – 9:30 AM						Fitness
4:30 – 5:15 PM	Youth Boxing	Kids Boxing (5–11)	Youth Boxing	Kids Boxing (5–11)		
5:30 – 6:30 PM	Boxing	Boxing	Boxing	Sparring	Boxing	
6:45 – 7:30 PM	Fitness	Fitness	Fitness	Fitness		
6:45 – 7:30 PM	Boxing	Boxing	Boxing	Boxing		