



BOXING SCHEDULE

Premium Classes

FRIDAYS 6:00AM–6:30AM

Bags and Abs: A quick heavy bag conditioning and core strength half hour (w/ Greg Lazeren) *will not count against class pack*****

FRIDAYS 6:30AM–7:30AM

Boxing Conditioning Circuit: Focuses on strength, conditioning, advanced techniques, and optional sparring (w /Greg Lazeren and Brendan O'Neill)

FRIDAY 10:00AM–10:30AM

Bags and Abs (w/ Greg Lazeren) *will not count against class pack*****

FRIDAY 10:30AM–11:30AM

Boxing Conditioning Circuit (w /Greg Lazeren and Brendan O'Neill)

Boxing Bootcamp

WEDNESDAY 7:00PM–8:00PM

Kettle Box: Combining basic boxing technique including proper stance, punching form, and footwork with kettle bell strength and power exercises (w/ Greg Lazeren)

THURSDAY 9:30AM–10:30AM

Kettle Box (w/ Greg Lazeren)

PREMIUM CLASS PRICING

10 Classes: \$225
20 Classes: \$400
Drop-in: \$25
30-min Bags & Abs: \$15

BOXING BOOTCAMP PRICING:

No additional charge for members

Please contact Greg Lazeren, Certified USA Boxing Coach with any questions. glazeren@bossesports.com