



# 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

**THURSDAY 9:15AM–10:15AM**

**Bootcamp (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](mailto:glazeren@bossesports.com)