



BOXING SCHEDULE

Premium Classes

TUESDAYS 11:00AM–12:00PM

Advanced Heavy Bag Conditioning: Train like a fighter in this class. Focus on punching, mitt work, and anaerobic conditioning. Beginners welcome! (w/Greg Lazeren)

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)

Group Exercise

WEDNESDAY 7:00PM–8:00PM

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

THURSDAY 9:30AM–10:30AM

KettleBox (w/Mike Greenfield)

Kids Boxing

SATURDAY 9:00AM–10:00AM

Kids of all ages welcome! A fun-filled class consisting of bags, mitts, agility work, and games. (w/Greg Lazeren and Mike Greenfield)

PREMIUM CLASS PRICING

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

GROUP CLASS PRICING:

No additional charge for members

KIDS CLASS PRICING:

\$25 per class

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