



Class Schedule

Open (All-level) Boxing Classes:

Monday 5pm
Tuesday noon
Wednesday 5pm
Thursday 6 pm
Friday noon
Saturday 11am

Youth Boxing

Monday 4pm
Tuesday 4pm
Fridays 4pm

Senior Boxing:

Tuesday and Friday at 1pm

Punch Therapy Boxing Classes

(people fighting Parkinson's and other movement disorders):

Tuesdays at 10:30 am

Personal and Private Group Boxing Sessions available by appointment!

Competitive Team Classes Begin this Month! Days/times TBD

Steve Ilg's High Performance Yoga®:

Monday at 6:30 pm (prop)
Wednesday at 6:30 pm (slow flow)

Payment required prior to class participation. New fighters may borrow equipment at no charge. Returning fighters--gloves available \$2/use, hand wraps available for purchase. Drop-in rate \$20, punch card \$150 for 10 sessions (expires in 3 months), unlimited membership \$100/month, 3 month commitment, firm. Financial assistance available for fighters who demonstrate need and a commitment to the craft--just ask!. Open gym times vary and are available to all members.