

Minneola Schedule Effective June 3rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Boxing & Fitness	Beginner Boxing + Boxing & Fitness	Boxing & Fitness	Beginner Boxing + Boxing & Fitness	Boxing & Fitness	
9:00 AM						Boxing- ALL Levels
10:00 AM	Teknique Vs Parkinson's		Teknique Vs Parkinson's		Teknique Vs Parkinson's	Youth Beginner Boxing (Ages 5-12)
5:00 PM	Youth Beginner Boxing (Ages 5-12)	Youth Beginner Boxing (Ages 5-12)	Youth Beginner Boxing (Ages 5-12)	Youth Beginner Boxing (Ages 5-12)	Youth Beginner Boxing (Ages 5-12)	
5:00 PM	Beginner Boxing	Beginner Boxing	Beginner Boxing	Beginner Boxing		
6:00 PM		Beginner Boxing		Beginner Boxing		
6:00 PM	Advanced Boxing (6-8PM)	Advanced Boxing (6-8PM)	Advanced Boxing (6-8PM)	Advanced Boxing (6-8PM)	Boxing- ALL Levels (6-8PM)	
8AM-11AM	Open Gym		Open Gym		Open Gym	
4PM-8PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	

Please check-in to class using the QR code below to secure your spot.



Winter Garden Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Beginner Boxing	Boxing & Fitness	Beginner Boxing	Boxing & Fitness	Beginner Boxing	
9:00 AM		Boxing- ALL LEVELS		Boxing- ALL LEVELS		Boxing- ALL LEVELS
5:00 PM	Beginner Boxing	Beginner Boxing		Beginner Boxing	Beginner Boxing	
5:00 PM	Youth Beginner Boxing	Youth Beginner Boxing	Youth Beginner Boxing	Youth Beginner Boxing	Youth Beginner Boxing	
6:00 PM	Beginner Boxing	Beginner Boxing	Beginner Boxing	Beginner Boxing	Boxing - ALL LEVELS (6-8pm)	
6:00 PM	Intermediate Boxing (6-8PM)	Intermediate Boxing (6-8PM)		Intermediate Boxing (6-8PM)		
7:00 PM	Boxing & Fitness	Boxing & Fitness	Boxing & Fitness	Boxing & Fitness		
5PM-8PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	

Please scan below QR code to create an account utilizing the email address associated with your membership to check-in to classes.

