

# ENCINITAS BOXING

## WEEKLY SCHEDULE

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY

9:00 am	BOXING Amber	BOXING Dana	BOXING Amber	BOXING Dana	BOXING Matteo	BOXING Matteo	R E S T  D A Y !
10:00 am	OPEN GYM					YOUTH BOXING Matteo	
11:00 am						BOXING Dana	
12:00 pm	BOXING Mike	BOXING Trent	BOXING Matteo	BOXING Trent	BOXING Mike		
1:15 pm - 2:30 pm	CLOSED for ROCK STEADY BOXING (Fighting Back Against Parkinson's)	OPEN GYM	CLOSED for ROCK STEADY BOXING (Fighting Back Against Parkinson's)	OPEN GYM	CLOSED for ROCK STEADY BOXING (Fighting Back Against Parkinson's)		
3:30 pm	BEGINNER/ YOUTH BOXING Dana		BEGINNER/ YOUTH BOXING Dana				
3:45 pm	WEIGHT LIFTING Joshua	WEIGHT LIFTING Joshua	WEIGHT LIFTING Joshua	WEIGHT LIFTING Joshua	WEIGHT LIFTING Joshua		
4:30 pm	YOUTH BOXING Matteo	YOUTH SPARRING YOUTH BOXING Joshua	YOUTH BOXING Dana	YOUTH BOXING Joshua	YOUTH BOXING Joshua		
5:30 pm	BOXING Cody	BOXING Elvin	BOXING Cody	BOXING Mike	BOXING Cody		

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