	1/0						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
8:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed
9:00 AM	Cardio Boxing	Green Level	Cardio Boxing	Green Level	Cardio Boxing	Green Level	Closed
10:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Closed	Green Level (Youth)	Closed
11:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Green Level	Closed
12:00 PM	Green Level	Green Level	Green Level	Green Level	Green Level	Open Gym	Closed
1:15:00 PM - 2:30	Rocksteady Boxing Private Class	Open Gym	Rocksteady Boxing Private Class	Open Gym	Rocksteady Boxing Private Class	Closed	Closed
4:00 PM	Green Level (Youth)	Team Training (Youth) Sparring	Green Level (Youth)	Green Level (Youth)	Green Level (Youth)	Closed	Closed
5:30 PM	Bronze Level	Bronze Level	Bronze Level	Bronze Level	Bronze Level	Closed	Closed
6:30 PM	Strength Training	Sparring	Strength Training	Sparring	Open Gym	Closed	Closed

			Key						
		Name	Ages	Description					
		Open Gym							
		Cardio Boxing							
		Green Level							
		Green Level (Youth)							
		Bronze Level							
		Sparring							