



Kick Boxing & Boxing(Age 13 & older)

Monday & Wednesday

6:00pm – 7:00 pm (Kick Boxing)

7:00pm – 8:00 pm (Boxing)

Saturday

1:30pm – 2:30pm

Youth Boxing (Age 5 & older)

Monday & Wednesday

5:30pm – 6:30 pm

Russian Boxing (Age 13 & older)

Tuesday & Thursday

7:30pm – 8:30 pm

Kids Taekwon Do (Age 5 & older)

Monday & Wednesday

6:00pm – 7:00 pm