



Business Hours:
Mon & Thurs 12pm-9pm
Fri 12pm-7pm
Sat 10am-2pm & Closed Sunday



806-780-2699 (BOXX)

419 Frankford Ave.; Lubbock, TX 79416

www.LubbockBoxingClub.com Facebook: Lubbock Boxing Club

	GROUP TRAINING SCHEDULE	GROUP TRAINING CLASS DESCRIPTIONS
M	12:30pm-1:30pm Boxing 4:30pm-5:30pm Boxing 5:30pm-6:30pm Kid's Boxing (9-12 yrs) 6:30pm-7:30pm Kid's Sparring Training 6:30pm-7:30pm Kickboxing 7:30pm-8:30pm Boxing	<p style="text-align: center;"><u>BOXING</u></p> <p>Learn the punches, combinations, counters, footwork and body movement of Boxing, "the sweet science". Includes partner drills plus lots of bag, mitt work and exercise. Great workout and stress relief guaranteed!</p> <p style="text-align: center;"><u>KICKBOXING</u></p> <p>Add Kicks, Knees and Elbows to your Boxing arsenal! Boxing hands with Muay Thai (Moo-ee-Tie) kicks plus karate kicks make for a whole body workout with awesome self-defense potential.</p> <p style="text-align: center;"><u>KNOCK OUT 30</u> Tuesday & Thursday 12:00pm-4:00pm</p> <p>Come KO your workout in 30-minutes Challenging Circuit Training- YES! 3-minute round/30-second rest</p> <p style="text-align: center;"><u>SPARRING TRAINING</u></p> <p>Instructional class for eligible members interested in sparring, note this class is all technique.</p> <p style="text-align: center;"><u>SPARRING</u></p> <p>Supervised Contact Sparring. Must join USA Boxing. See us for requirements and approval on gear.</p> <p style="text-align: center;"><u>KID'S BOXING</u> (6-8 yrs & 9-12 yrs)</p> <p>Age specific format gives kids a great physical workout while teaching basic boxing skills and fun too.</p> <p style="text-align: center;"><u>PRIVATE TRAINING AVAILABLE</u></p> <p style="text-align: center;">*****</p> <p style="text-align: center;"><u>KID'S & ADULT KENPO KARATE</u></p> <p>Kenpo Karate for confidence, respect, mental focus, discipline, coordination, conditioning, self-defense skill and fun.</p> <p style="text-align: center;">www.hubcitymartialarts.com</p>
T U	12:00pm-4:00pm Knockout 30 5:30pm-6:30pm Kid's Boxing (6-8 yrs) 6:30pm-7:30pm Kickboxing 6:30pm-7:30pm Kid's Sparring 7:30pm-8:30pm Adult Sparring Training 7:30pm-8:30pm Boxing	
W	12:30pm-1:30pm Boxing 4:30pm-5:30pm Boxing 5:30pm-6:30pm Kid's Boxing (9-12 yrs) 6:30pm-7:30pm Kid's Sparring Training 6:30pm-7:30pm Kickboxing 7:30pm-8:30pm Boxing	
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F	12:30pm-1:30pm Boxing 4:30pm-5:30pm Boxing Private Training	
S	10:00am-Private Training 12:30pm-1:30pm Boxing	

Note: 13-15 year olds eligible for classes that start before 6:30pm unless approved for later times. Boxing classes require boxing gloves, hand wraps, jump rope plus shin guards for kickboxing. Lubbock Boxing Club LLC. – Owner, Rosie Barker (aka Miz. B)