



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

Get Fit!  
 Learn Skill!  
 Have Fun!

**806-780-2699 (BOXX)**

**419 Frankford Ave.; Lubbock, TX 79416**

**www.LubbockBoxingClub.com Facebook: Lubbock Boxing Club**

	GROUP TRAINING SCHEDULE	GROUP TRAINING CLASS DESCRIPTIONS
<b>M</b>	12:30pm-1:30pm Boxing 4:30pm-5:30pm Teen Boxing 5:30pm-6:30pm Kid's Boxing (9-12 yrs) 6:30pm-8:30pm Team Training 6:30pm-7:30pm Kickboxing 7:30pm-8:30pm Boxing	<p align="center"><u><b>BOXING</b></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 align="center"><u><b>KICKBOXING</b></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 align="center"><u><b>KNOCKOUT-30</b></u>  <i>Tuesday &amp; Thursday</i>  <i>12:00pm-4:00pm</i></p> <p>Come KO your workout in 30-minutes            Challenging Circuit Training- YES!            3-minute round/30-second rest</p> <p align="center"><u><b>SPARRING CLINIC TRAINING</b></u></p> <p>Instructional class for eligible members interested in sparring, note this class is all technique.            Must join USA Boxing.            See us for requirements and approval on gear.</p> <p align="center"><u><b>COMPETITION TEAM</b></u>            Supervised Contact Sparring.</p> <p align="center"><u><b>KID'S BOXING</b></u>  <i>(6-8 yrs &amp; 9-12 yrs)</i></p> <p>Age specific format gives kids a great physical workout while teaching basic boxing skills and fun too.</p> <p align="center"><u><b>PRIVATE TRAINING AVAILABLE</b></u></p> <p align="center">*****</p>
<b>TU</b>	12:00pm-4:00pm Knockout-30 4:30pm-5:30pm Teen Boxing 5:30pm-6:30pm Kid's Boxing (6-8 yrs) 6:30pm-8:30pm Team Training 6:30pm-7:30pm Kickboxing 7:30pm-8:30pm Boxing	
<b>W</b>	12:30pm-1:30pm Boxing 4:30pm-5:30pm Teen Boxing 5:30pm-6:30pm Kid's Boxing (9-12 yrs) 6:30pm-8:30pm Team Training 6:30pm-7:30pm Kickboxing 7:30pm-8:30pm Boxing	
<b>TH</b>	12:00pm-4:00pm Knockout-30 5:30pm-6:30pm Kid's Boxing (6-8 yrs) 6:30pm-8:30pm Team Training 6:30pm-7:30pm Kickboxing 7:30pm-8:30pm Boxing	
<b>F</b>	12:30pm-1:30pm Boxing 4:30pm-5:30pm Teen Boxing Private Training Available	
<b>S</b>	10:00am-Private Training 10:30am-12:30pm Team 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) (updated 11-11-19)