



Business Hours:
Mon & Wed 10am-9pm
Tues & Thurs 12:00pm-9:00pm
Fri 10am-7pm
Sat 9am-2pm & Closed Sunday

Get Fit!
Learn Skill!
Have Fun!

806-780-2699 (BOXX)
419 Frankford Ave.; Lubbock, TX 79416

| | GROUP TRAINING SCHEDULE | GROUP TRAINING CLASS DESCRIPTIONS |
|----------------|--|--|
| M | 10:30am-11:30am Boxing 12:30pm-1:30pm Boxing 4:30pm-5:15pm Adult/Teen Boxing 5:30pm-6:15pm Jr. Boxers (9-12 yrs) 6:30pm-7:30pm Team Training 7:30pm-8:30pm Boxing | <p><u>BOXING</u></p> <p>Learn the punches, combinations, counters, footwork and body movement of Boxing, “the sweet science”. Lots of heavy bag work and conditioning. Great workout and stress relief guaranteed! (Equipment-boxing gloves, hand wraps, jump rope & towel)</p> <p>Teens: 13-15 year olds eligible for classes that start before 6:30pm unless approved for later times</p> |
| T U | 12:30pm-1:30pm Boxing 4:30pm-5:15pm Adult/Teen Boxing 5:30pm-6:15pm Boxing Tigers (6-8 yrs) 6:30pm-7:15pm Kickboxing 7:30pm-8:30pm Boxing | <p><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. (Equipment-boxing gloves, hand wraps, jump rope, shin guards & towel)</p> |
| W | 10:30am-11:30am Boxing 12:30pm-1:30pm Boxing 4:30pm-5:15pm Kid’ Sparring 5:30pm-6:15pm Jr. Boxers (9-12 yrs) 6:30pm-8:30pm Team Training 7:30pm-8:30pm Boxing | <p><u>KID’S BOXING</u></p> <p>6-8 yrs Boxing Tigers & 9-12 yrs Jr. Boxers Age specific format gives kids a great physical workout while teaching basic boxing skills and fun too.</p> |
| T H | 12:30pm-1:30pm Boxing 4:30pm-5:15pm Boxing 5:30pm-6:15pm Boxing Tigers (6-8 yrs) 6:30pm-7:15pm Kickboxing 7:30pm-8:30pm Boxing | <p><u>SPARRING CLINIC TRAINING</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> |
| F | 10:30am-11:30am Boxing 12:30pm-1:30pm Boxing 4:30pm-5:15pm Adult/Teen Boxing 5:30pm-6:15pm Jr. Boxers | <p><u>COMPETITION TEAM</u></p> <p>Supervised Contact Sparring.</p> <p><u>Yes, we have private training available.</u></p> |
| S | 9:30am-10:15am Boxing Tigers 10:30am-11:15am Jr. Boxers 11:30am-12:15pm Kboxing Sparring 12:30pm-1:30pm Boxing | <p>CLASS SIZE LIMITED-RESERVE YOUR SPOT!</p> |