

# B STREET BOXING SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**KICKBOXING**  
Fred  
5:30-6:30am

**KICKBOXING  
CONDITIONING**  
Fred  
9:30-10:30am

**OPEN GYM**  
10:30-12:00

**BOXING**  
Fred  
12:00-1:00pm

**OPEN GYM**  
1:00-3:30pm

**5-10 YEAR OLD  
BOXING**  
Eddie  
4:00-4:45

**11 YEAR OLD & UP  
BOXING**  
Eddie  
5:00-6:00pm

**MUAY THAI**  
Mark  
6:00-7:00pm

**BOXING**  
Courtney  
7:15-8:15pm

**BOXING**  
Eddie  
5:30-6:30am

**BOXING**  
Eddie  
9:30-10:30am

**OPEN GYM**  
10:30-12:00pm

**BOXING**  
Val  
12:00-1:00pm

**OPEN GYM**  
1:00-3:30pm

**11 YEAR OLD & UP  
BOXING**  
Eddie  
4:00-5:30pm

**BOXING**  
Eddie  
6:00-7:00pm

**KICKBOXING  
DYNAMIC STRENGTH**  
Val  
5:30-6:30am

**KICKBOXING  
DYNAMIC STRENGTH**  
Val  
9:30-10:30am

**OPEN GYM**  
10:30-12:00pm

**KICKBOXING**  
Val  
12:00-1:00pm

**OPEN GYM**  
1:00-3:30pm

**5-10 YEAR OLD  
BOXING**  
Eddie  
4:00-4:45

**11 YEAR OLD & UP  
BOXING**  
Eddie  
5:00-6:00pm

**MUAY THAI**  
Mark  
6:00-7:00pm

**BOXING**  
Eddie & Val  
7:15-8:15pm

**BOXING**  
Eddie  
5:30-6:30am

**BOXING**  
Eddie  
9:30-10:30am

**OPEN GYM**  
10:30-12:00pm

**BOXING**  
Ritesh & Val  
12:00-1:00pm

**OPEN GYM**  
1:00-3:30pm

**11 YEAR OLD & UP  
BOXING**  
Eddie  
4:00-5:30pm

**BOXING**  
Eddie  
6:00-7:00pm

**BOXING**  
Eddie  
5:30-6:30am

**KICKBOXING  
CONDITIONING**  
Val  
9:30-10:30am

**OPEN GYM**  
10:30-12:00pm

**CORE/STRENGTH  
BLAST**  
Val  
12:00-1:00pm

**OPEN GYM**  
1:00-3:30pm

**5-10 YEAR OLD  
BOXING**  
Eddie  
4:00-4:45

**FRIDAY NIGHT  
SPARRING**  
Eddie  
6:00-7:00pm

**GYM CLOSSES AT  
7:30PM**

**KICKBOXING  
& CONDITIONING**  
Dan  
9:00-10:30am

**OPEN GYM**  
10:30-12:00pm

**GYM CLOSSES AT  
2:00pm**

CLOSED