



ROUND 10 BOXING FITNESS SCHEDULE (BOXING FITNESS)

MEZZANINE FLOOR

TIMINGS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 AM	Boxing Intensity Training (BIT) with Larry	Cardio Boxing (CB) with Umar	Cardio Boxing (CB) with Larry	Boxing Intensity Training (BIT) with Umar	Boxing Intensity Training (BIT) with Larry	Power Boxing (PB) with Umar	
12:00 PM	Cardio Boxing (CB) with Lina						
04:15 PM	Kid's Boxing with Viorel	Kid's Boxing with Viorel	Kid's Boxing with Viorel	Kid's Boxing with Viorel	Kid's Boxing with Viorel	Kid's Boxing with Viorel	
06:00 PM		Power Boxing (PB) with Lina	Cardio Pump with Lina	Boxing Circuit (BC) with Lina		Boxing Intensity Training (BIT) with Lina	
06:30 PM	Boxing Intensity Training (BIT) with Umar				Cardio Boxing (CB) with Umar		
07:00 PM						Boxing Circuit (BC) with Viorel	
07:45 PM	Boxing Intensity Training (BIT) with Larry	Boxing Intensity Training (BIT) with Viorel	Power Boxing (PB) with Viorel	Cardio Boxing (CB) with Larry	Power Boxing (PB) with Haji		
08:00 PM						Boxing Intensity Training (BIT) with Umar	
08:30 PM	Boxing Circuit (BC) with Larry	Power Boxing (PB) with Umar	Boxing Intensity Training (BIT) with Umar	Boxing Circuit (BC) with Viorel	Boxing Intensity Training (BIT) with Larry		

- 24 Students per Class, First Come First Served
- First Class is for Free (Fill up Registration form)
- Gloves are available, Hand Wraps must be purchased
- All Round 10 Boxing Classes are mixed unless it is mentioned in the schedule
- You do not NEED to have any Boxing experience to join any of the above classes

- 800 Cal
- 900 Cal
- 1,100 Cal

