

As of January 23, 2019

25 Park Place, Lwr Lvl

New York, NY 10007

(212) 571-1333

Weekdays 6am - 9:30pm, Saturday 9am - 4pm, Sunday 9am - 1pm

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
M o r n i n g		7:00 Kickboxing Intermediate <i>Ladies Only</i>	6:30 Boxing - Sparring Advanced				
	7:00 Boxing All Levels	7:00 Boxing All Levels	7:00 Boxing All Levels	7:00 Boxing All Levels	7:00 Boot Camp All Levels	9:00 Kickboxing All Levels	
	8:00 Boxing All Levels	8:00 Boxing All Levels	8:00 Boxing All Levels	8:00 Boxing All Levels		9:30 Boxing <i>Ladies' Only</i>	
M i d - d a y						10:30 Boxing All Levels	10:00 Boxing All Levels
	11:00 Boxing All Levels	11:00 Boxing Intermediate	11:00 Boxing Intermediate	11:00 Boxing Intermediate	11:00 Boxing All Levels	11:00 Kids Boxing All Levels	11:00 Boxing Intermediate
		12:00 Kickboxing All Levels		12:00 Kickboxing All Levels		11:30 Boxing Intermediate	
	12:30 Boxing All Levels	12:30 Boxing All Levels	12:30 Boxing All Levels	12:30 Boxing All Levels	12:30 Boxing All Levels	12:00 Muay Thai All Levels	
						12:30 Boxing All Levels	
P M						1:00 Muay Thai Clinching & Elbows Advanced	
	5:30 Boxing All Levels	5:30 Boxing All Levels	5:30 Boxing All Levels	5:30 Boxing All Levels	5:30 Boxing All Levels		
	6:00 Boxing Bootcamp	6:00 Muay Thai All Levels	6:00 Boxing Bootcamp	6:00 Muay Thai All Levels	6:00 Muay Thai All Levels		
	6:30 Boxing Intermediate	6:30 Boxing Intermediate	6:30 Boxing Intermediate	6:30 Boxing Intermediate	6:30 Boxing Intermediate		
	7:00 Krav Maga	7:00 Krav Maga Advanced	7:00 Krav Maga	7:00 Krav Maga All Levels			
7:30 Boxing All Levels	7:30 Boxing All Levels		7:30 Boxing All Levels	7:30 Boxing All Levels			
	8:00 Kettle Lab All Levels			7:30 Kettle Lab All Levels			

52 Walker Street, 2nd Floor

New York, NY 10013

(212) 343-2900

Weekdays 6am - 9pm, Saturday 9am - 3pm

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
A M		7:00 Boxing Bootcamp		7:00 Boxing Bootcamp			
	10:00 Boxing - All Levels <i>Ladies Only</i>		10:00 Boxing - All Levels <i>Ladies Only</i>		10:00 Kickboxing - All Levels <i>Ladies Only</i>	10:00 Boxing - All Levels	
M i d d a y						11:00 Boxing Intermediate	
	12:30 Boxing All Levels	12:30 Boxing All Levels	12:30 Boxing All Levels	12:30 Boxing All Levels	12:30 Boxing All Levels	12:00 Jiu Jitsu Gi Required (90 minutes)	
P M	4:00 Kids Boxing All Levels	4:00 Kids Boxing All Levels	4:00 Kids Boxing All Levels	4:00 Kids Boxing All Levels			
	5:30 Boxing All Levels	5:30 Boxing All Levels	5:30 Boxing All Levels	5:30 Boxing All Levels	5:30 Boxing All Levels		
	6:00 Muay Thai All Levels	6:00 Boxing Advanced	6:00 Muay Thai All Levels	6:00 Boxing Advanced			
	6:00 Jiu Jitsu No Gi	6:00 Jiu Jitsu Gi Required		6:00 Jiu Jitsu Gi Required	6:00 Jiu Jitsu Gi Required		
	6:30 Boxing Intro to Sparring Intermediate	6:30 Boxing All Levels <i>Ladies Only</i>	6:30 Boxing Advanced Sparring <i>Ladies Only</i> (90 mins)	6:30 Boxing All Levels <i>Ladies Only</i>	6:30 Boxing Intermediate		
	7:00 Muay Thai Advanced	7:00 Muay Thai Intermediate	7:00 Muay Thai Advanced	7:00 Muay Thai Intermediate			
	7:30 Boxing All Levels	7:00 Boxing Beginner Focus	7:30 Boxing All Levels	7:00 Boxing Beginner Focus			
	7:30 Boxing All Levels			7:30 Boxing All Levels			

