

# As of September 1, 2018

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		07:00 Kickboxing Intermediate <i>Ladies Only</i>	06:30 Boxing - Sparring Advanced				
	07:00 Boxing All Levels	07:00 Boxing All Levels	07:00 Boxing All Levels	07:00 Boxing All Levels	07:00 Boot Camp All Levels	09:00 Kickboxing All Levels	
	08:00 Boxing All Levels	08:00 Boxing All Levels	08:00 Boxing All Levels	08:00 Boxing All Levels		09:30 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	05:30 Boxing All Levels	05:30 Boxing All Levels	05:30 Boxing All Levels	05:30 Boxing All Levels	05:30 Boxing All Levels		
	06:00 Boxing Bootcamp	06:00 Muay Thai All Levels	06:00 Boxing Bootcamp	06:00 Muay Thai All Levels	06:00 Muay Thai All Levels		
	06:30 Boxing Intermediate	06:30 Boxing Intermediate	06:30 Boxing Intermediate	06:30 Boxing Intermediate	06:30 Boxing Intermediate		
	07:00 Krav Maga	07:00 Krav Maga Advanced	07:00 Krav Maga	07:00 Krav Maga			
	07:30 Boxing All Levels	07:30 Boxing All Levels		07:30 Boxing All Levels	07:30 Boxing All Levels		
		08:00 Kettle Lab All Levels			07:30 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		07:00 Boxing Bootcamp		07:00 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	04:00 Kids Boxing All Levels	04:00 Kids Boxing All Levels	04:00 Kids Boxing All Levels	04:00 Kids Boxing All Levels			
	05:30 Boxing All Levels	05:30 Boxing All Levels	05:30 Boxing All Levels	05:30 Boxing All Levels	05:30 Boxing All Levels		
	06:00 Muay Thai All Levels	06:00 Boxing Advanced	06:00 Muay Thai All Levels	06:00 Boxing Advanced			
	06:00 Jiu Jitsu No Gi			06:00 Jiu Jitsu Gi Required			
	06:30 Boxing Intro to Sparring Intermediate <i>Ladies Only</i>	06:30 Boxing All Levels <i>Ladies Only</i>	06:30 Boxing Advanced Sparring <i>Ladies Only</i> (90 mins)	06:30 Boxing All Levels <i>Ladies Only</i>	06:30 Boxing Intermediate		
	07:00 Muay Thai Advanced	07:00 Muay Thai Intermediate	07:00 Muay Thai Advanced	07:00 Muay Thai Intermediate			
	07:30 Boxing All Levels	07:00 Boxing Beginner Focus	07:30 Boxing All Levels	07:00 Boxing Beginner Focus			
	07:30 Boxing All Levels		07:30 Boxing All Levels				

