

A&B BOXING

Membership/Schedule

Cardio A: \$85/Month

Meet: Monday, Wednesday

Cardio B: \$85/ Month

Meet: Tuesday, Thursday

Technical A: \$100/Month

Meet: Monday, Wednesday

Technical B: \$100/Month

Meet: Tuesday, Thursday

Technical C: \$100/Month

Meet: Tuesday/Thursday

Open Gym: \$100/Month

Access to **Open gym A or B**

A&B Pack: \$150/Month

Meet: **2 section (4 Classes)**

All Access: \$200/Month

Meet: **3 Sections (6 Classes)**

Friday (Open Gym) Included for all Members

Drop In: \$20.00/ per class

Personal training/Private class: Talk to trainer or staff for more information

Week Schedule & Hours of Operation (M-TH 5:00 PM - 8:30 PM, Friday 5:00 - 7:30 PM)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 PM	5:15-6:15 PM Cardio A	5:15 - 6:15 PM Technical B	5:15 - 6:15 PM Cardio A	5:15 - 6:15 PM Technical B	Open Gym
6:30 PM	6:30-7:30PM Technical A	6:30-7:30PM Cardio B	6:30-7:30PM Technical A	6:30-7:30PM Cardio B	Open Gym
7:30PM - 8:30 PM	7:30-8:30 PM Adv. Tech	7:30-8:30PM Technical C	7:30-8:30 PM Adv. Tech	7:30-8:30PM Technical C	Closed

Requirements & Attire:

- * Minimum age requirement to train is **9 years old**.
- * Personal boxing gloves and handwraps
- * Comfortable work out attire, proper shoes (personal towels welcome)
- * If you feel sick or have come into contact with anyone sick please do not come in
- * **All members must print, sign and submit waivers prior to working out.**