

RAVEN BOXING AND FITNESS CLUB

CALL NOW!

CONTACT COACH JOHN TO GET
YOUR FIRST SESSION FREE!

442.254.3680



2021 BOXING GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 AM- 7:00 AM POWERBOXING		6:00 AM- 7:00 AM POWERBOXING		
12:00PM-1:00PM BOXING CONDITIONING	12:00PM-1:00PM BOXINGCONDITIONING	12:00PM-1:00PM BOXING CONDITIONING	12:00PM-1:00PM BOXING CONDITIONING		7:00 AM-8:00AM BOOTCAMP
5:00PM-6:00 PM ADULT BOXING	5:00PM-6:00 PM YOUTH BOXING	5:00PM-6:00 PM ADULT BOXING	TBD PM YOUTH BOXING		
6:00PM-7:00 PM YOUTH BOXING	6:00PM-7:00 PM ADULT BOXING	6:00PM-7:00 PM YOUTH BOXING	6:00PM-7:00 PM ADULT BOXING		7:00PM-8:00PM YOUTH BOXING
8:00 PM-8:30 PM HITT/WEIGHT- TRAINING 30 MIN	8:00PM-9:00 PM SPARRING TRAINING	8:00 PM-8:30 PM HITT/WEIGHT-TRAINING 30 MIN WORKOUT	8:00PM-9:00 PM SPARRING TRAINING		8:00 PM-8:30 PM HITT/WEIGHT-TRAINING 30 MIN WORKOUT