



POWER

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EFFECTIVE April 2024 CLASS SCHEDULE

**Zoom*

*Note: Classes and Instructors are subject to change***ALL CLASSES 45 MINUTES*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am						Bootcamp <i>Randell</i>	
9:15am	Boxing + Upper Body <i>Dayon</i>	Boxing & Circuit <i>Jacques</i>	Boxing + Lower Body <i>Dayon</i>	Bums and Tums + Mobility <i>JC</i>	Boxing + Conditioning <i>Jacques</i>	Kids Program Ages 7-15 Boxing <i>Jacques</i>	
10:15- 11am						Boxing Kids & Adults <i>Bryan</i>	Appt. Only
11am- 4pm Appt. Only							
4:15pm	Mighty Mites Ages 4-6 <i>Jacques</i>		Mighty Mites Ages 4-6 <i>Jacques</i>				
4:45pm	Kids Program Ages 7-15 <i>Jacques</i> Boxing	Kids Program Ages 7-15 <i>Bryan</i> Kickboxing	Kids Program Ages 7-15 <i>Joe</i> Boxing	Kids Program Ages 7-15 <i>Dayon</i> Boxing			
5:30pm	Boxing <i>Jacques</i>	Kickboxing/ Muay Thai <i>Bryan</i>	Boxing <i>Joe</i>	Boxing Technique & Sparring Kids & Adults <i>Jacques</i>	Kickboxing Kids & Adults <i>Bryan</i>		
6:15pm	Bootcamp <i>Randell</i>	Boxing Kids & Adults <i>Dayon</i>	Weight Training <i>Randell</i>				
Virtual Schedule	**5:00 pm <i>Boxercise</i>		**5:00 pm <i>Boxercise</i>				