


ALPHA BOXING & FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM - 7:30 AM OPEN GYM BOXING	6:00 AM - 7:30 AM OPEN GYM BOXING	6:00 AM - 7:30 AM OPEN GYM BOXING	6:00 AM - 7:30 AM OPEN GYM BOXING	6:00 AM - 7:30 AM OPEN GYM BOXING	8:00 AM - 9:15 AM WOMEN'S INTRO TO BOXING	9:00 AM - 12:00 PM OPEN GYM BOXING
					9:00 AM - 12:00 PM OPEN GYM BOXING	12:00 PM - 1:00PM WOMEN'S INTRO TO BOXING
5:00 PM - 8:00 PM OPEN GYM BOXING	5:00 PM - 8:00 PM OPEN GYM BOXING		5:00 PM - 8:00 PM OPEN GYM BOXING			
	6:30 PM SELF DEFENSE		6:30 PM PAD WORK			