

Monday

8:00 AM. Female Group Class Non-Contact Boxing with Liza Peralta

3:00 PM Pee Wee Class Non-Contact Boxing with Liza Peralta

3:00 PM. Parkinson's Class with Alex Montaldo Gym fee + \$25

3:30 PM Kids Class Non-Contact Boxing with Liza Peralta

4:30 PM. Gleason's Give A Kid A Dream

Tuesday

3:00 PM Pee Wee Class Non-Contact Boxing with Liza Peralta

3:30 PM Kids Class Non-Contact Boxing with Liza Peralta

Wednesday

11:15 AM. Parkinson's Class with Alex Montaldo Gym fee + \$25

3:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

3:00 PM Pee Wee Class Non-Contact Boxing with Liza Peralta

3:30 PM Kids Class Non-Contact Boxing with Liza Peralta

4:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

4:30 PM. Gleason's Give A Kid A Dream

5:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

6:00 PM. Self Defense and Muay Thai classes with Raul Frank and Nick Haines Gym fee + \$50

Thursday

11:00 AM. Fitness Boxing For Seniors with Howard Major Gym fee + \$50

3:00 PM Pee Wee Class Non-Contact Boxing with Liza Peralta

3:30 PM Kids Class Non-Contact Boxing with Liza Peralta

5:30 PM. Pee Wee Boxing Classes with Liza Peralta

Friday

3:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

3:00 PM Pee Wee Class Non-Contact Boxing with Liza Peralta

3:30 PM Kids Class Non-Contact Boxing with Liza Peralta

4:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

5:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

Saturday

8:30 AM. Female group class non-contact cardio with Liza Peralta

11:30 AM. Pee Wee Boxing Classes with Liza Peralta

1:00 PM. Self Defense and Muay Thai classes with Raul Frank and Nick Haines Gym fee + \$50

1:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

2:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

3:00 PM. Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25

Sunday

10:00 AM. Adult and Master Sparring with Dorrius Forde

11:00 AM. New York City Chess Boxing Club with Alex Selden