

Monday	
12:00 PM	Group Classes with Joan Guzman and brothers Gym fee + \$50
1:00 PM	Group Classes with Luis Guzman Gym fee + \$50
2:00 PM	Group Classes with Luis Guzman Gym fee + \$50
3:00 PM	Parkinson's Class with Alex Montaldo Gym fee + \$25
4:30 PM	Gleason's Give A Kid A Dream
5:00 PM	Group Classes with Raul Frank Gym fee + \$25
5:00 PM	Youth Class with Nolan Hanson (ages 9-12)
6:00 PM	All Levels Boxing with Nolan Hanson Gym fee + \$30
7:00 PM	Advanced Boxing with Nolan Hanson Gym fee + \$30
Tuesday	
12:00 PM	Fundamental Boxing by Jila Rafii Gym fee + \$55
12:00 PM	Group Classes with Joan Guzman and brothers Gym fee + \$50
1:00 PM	Fundamental Boxing by Jila Rafii Gym fee + \$55
1:00 PM	Group Classes with Luis Guzman Gym fee + \$50
2:00 PM	Group Classes with Luis Guzman Gym fee + \$50
Wednesday	
12:00 PM	Fundamental Boxing by Jila Rafii Gym fee + \$55
12:00 PM	Group Classes with Joan Guzman and brothers Gym fee + \$50
1:00 PM	Fundamental Boxing by Jila Rafii Gym fee + \$55
1:00 PM	Group Classes with Luis Guzman Gym fee + \$50
2:00 PM	Group Classes with Luis Guzman Gym fee + \$50
3:00 PM	Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25
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	Group Classes with Raul Frank Gym fee + \$25
5:30 PM	Pee Wee Boxing Classes with Liza Peralta
6:00 PM	Self Defense and Muay Thai classes with Raul Frank and Nick Haines Gym fee + \$25
6:00 PM	All Levels Boxing with Nolan Hanson Gym fee + \$30
7:00 PM	Advanced Boxing with Nolan Hanson Gym fee + \$30

Thursday	
11:00 AM	Fitness Boxing For Seniors with Howard Major Gym fee + \$50
12:00 PM	Group Classes with Joan Guzman and brothers Gym fee + \$50
1:00 PM	Group Classes with Luis Guzman Gym fee + \$50
2:00 PM	Group Classes with Luis Guzman Gym fee + \$50
4:00 PM	Group Classes with Charlotte-Muay Thai Fundamentals
5:30PM	Pee Wee Boxing Classes with Liza Peralta
6:00 PM	All Levels Boxing with Nolan Hanson Gym fee + \$30
7:00 PM	Advanced Boxing with Nolan Hanson Gym fee +\$30
Friday	
12:00 PM	Group Classes with Joan Guzman and brothers Gym fee + \$50
1:00 PM	Group Classes with Luis Guzman Gym fee + \$50
2:00 PM	Group Classes with Luis Guzman Gym fee + \$50
3:15 PM	Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25
4:15 PM	Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25
6:00 PM	All levels boxing with Nolan Hanson 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
12:00 PM	Group Classes with Raul Frank Gym fee + \$25
1:00 PM	Fundamental Boxing by Jila Rafii Gym fee + \$55
1:00 PM	Self Defense and Muay Thai classes with Raul Frank and Nick Haines Gym fee + \$25
2:00 PM	Non-contact Boxing Classes for the Neurodiverse with Amy Bridges Gym fee + \$25
4:00 PM	Group Classes with Charlotte-Muay Thai Fundamentals
Sunday	
9:00 AM	Open sparring for Adult and Masters with Dorrius Forde, Gym fee + \$50
11:00 AM	New York City Chess Boxing Club with Alex Selden

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