

Monday

9:00 am Guzman Class

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

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

6:00 Raul Frank Class

Tuesday

9:00 am Guzman Class

Wednesday

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

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

Thursday

9:00 am Guzman Class

6:00 Raul Frank Class

Friday

9:00 am Guzman Class

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

3:00 PM. Parkinson's Class with Alex Montaldo 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. 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

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