

Monday

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

8:00 AM. Group Classes with Raul Frank Gym fee + \$50

8:00 AM. Group Classes with Heather Hardy Gym fee + \$50

12:00 PM. Group Classes with Joan Guzman and brothers Gym fee + \$50

12:00 PM. Group Classes with Heather Hardy 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 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

5:00 PM. Group Classes with Raul Frank Gym fee + \$50

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

7:30 PM. Group Classes with Dmitry Noskov Gym fee + \$30

Tuesday

10:00 AM. Fundamental Boxing by Jila Rafii Gym fee + \$75

11:00 AM. Fundamental Boxing by Jila Rafii Gym fee + \$75

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 Pee Wee Class Non-Contact Boxing with Liza Peralta

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

4:00 PM. Fundamental Boxing by Jila Rafii Gym fee + \$75

Wednesday

8:00 AM. Group Classes with Raul Frank Gym fee + \$50

8:00 AM. Group Classes with Heather Hardy Gym fee + \$50

10:00 AM. Fundamental Boxing by Jila Rafii Gym fee + \$75

11:00 AM. Fundamental Boxing by Jila Rafii Gym fee + \$75

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

12:00 PM. Group Classes with Joan Guzman and brothers Gym fee + \$50

12:00 PM. Group Classes with Heather Hardy 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. 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. Fundamental Boxing by Jila Rafii Gym fee + \$75

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 + \$50

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

6:00 PM. All Levels Boxing with Nolan Hanson Gym fee + \$30

7:00 PM. Advanced Boxing with Nolan Hanson Gym fee + \$30

7:30 PM. Group Classes with Dmitry Noskov 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

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

6:00 PM. All Levels Boxing with Nolan Hanson Gym fee + \$30

7:00 PM. Advanced Boxing with Nolan Hanson Gym fee +\$30

Friday

8:00 AM. Group Classes with Raul Frank Gym fee + \$50

8:00 AM. Group Classes with Heather Hardy Gym fee + \$50

12:00 PM. Group Classes with Joan Guzman and brothers Gym fee + \$50

12:00 PM. Group Classes with Heather Hardy 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. 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

6:00 PM. All levels boxing with Nolan Hanson Gym fee + 25

7:30 PM. Group Classes with Dmitry Noskov Gym fee + \$30

Saturday

8:00 AM. Group Classes with Heather Hardy Gym fee + \$50

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

9:00 - 11:00 AM. Sparring with Raul Frank Gym fee + \$50 (all levels of ability but NO Pros)

10:00 AM. Fundamental Boxing by Jila Rafii Gym fee + \$75

11:00 AM. Fundamental Boxing by Jila Rafii Gym fee + \$75

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

12:00 PM. Group Classes with Raul Frank Gym fee + \$50

1:00 PM. Fundamental Boxing by Jila Rafii Gym fee + \$75

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

4:00 - 5:30 PM Muay Thai Fundamentals with Charlotte Silverman. 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