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Victory Boxing & Fitness Class Schedule: 2016

2016 Schedule						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	5:00am – 6:00am	5:00am – 6:00am	5:00am – 6:00am	5:00am – 6:00am	5:00am – 6:00am	9:00am – 10:00am Strength & Conditioning
	5:00pm - 6:00pm Kids Boxing – Ages 6 -12	5:00pm - 6:00pm Boxing Fundamentals	5:00pm - 6:00pm Kids Boxing – Ages 6 -12	5:00pm - 6:00pm Boxing Fundamentals	5:00pm - 6:00pm Kids Strength & Conditioning Ages 6 – 12	10:00am – 11:00am Victory Boxing Circuit
	6:00pm – 7:00pm Victory Boxing Circuit	6:00pm – 7:00pm Open Gym	6:00pm – 7:00pm HIIT Class (Self-Paced)	6:00pm – 7:00pm Open Gym	6:00pm – 7:00pm Victory Boxing Circuit	12:00pm – 2:00pm Saturday Sparring/Open Gym
	7:00pm – 8:00pm Open Gym	7:00pm – 8:00pm Open Gym	7:00pm – 8:00pm HIIT Class (Self-Paced)	7:00pm – 8:00pm Open Gym	7:00pm – 8:00pm Open Gym	<p style="text-align: center;">NOTICE</p> <p>Open to Our Members Watch our Professional and Amateur Boxers Practice their Craft of the Sweet Science. *You are welcome to work out as well.</p>
	8:00pm – 9:00pm Open Gym	8:00pm – 9:00pm Boxing Fundamentals	8:00pm – 9:00pm HIIT Class (Self-Paced)	8:00pm – 9:00pm Open Gym	8:00pm – 9:00pm Open Gym	



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[Program Details on Reverse Side](#)





Boxing & Fitness Programs Overview

Boxing Fundamentals | Get your boxing IQ up during this class! Learn the basics of boxing as well as get a great workout. We will teach proper warm up routines, accurate footwork and boxing technique, proper combinations, offense and defensive drills.

Victory Boxing Circuit | Our signature boxing workout incorporates the fundamentals of offensive and defensive boxing as well as cardio, strength and conditioning. You will sweat, work hard and leave this class feeling awesome!

HIIT (High Intense Interval Training) Class Self-Paced | Circuit style workout of the day. This self-paced cardio and muscular endurance training is designed for everyone. Whether you are novice looking to get in shape or an advanced athlete looking for boxing and conditioning training, this is for you!

Kids Boxing Strength & Conditioning | Designed for kids ages 6 – 12. We will teach your kids boxing fundamentals, proper form and boxing technique. We will teach proper strength and cardio conditioning for kids. Most importantly, we will teach self-confidence and discipline!

Open – Gym | During open gym, you can do what you want. You can hit the heavy bag, speed bag, work on your strength and conditioning or grab a workout from our book of self-paced workouts. Coaches are available for direction and questions.

Saturday Strength & Conditioning | One hour of focused strength and conditioning. We will take you through high intense interval training coupled with strength and conditioning. You will learn proper technique to tighten, tone and condition your body for boxing.

Saturday Sparring: Every Saturday, you can come out and watch professional sparring, get your workout in, talk to coaches and boxers from boxing gyms across the region. You can bring your gear and get a workout in as well.