

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings	Mornings	Mornings	Mornings	Mornings	Mornings	Mornings	Mornings
6:00 – 7:00am		Boxing Jeff		Boxing Jeff			
9:00 – 10:00am	Southpaw Fit Vic	Southpaw Fit Nikki	Southpaw Fit Vic	Southpaw Fit Nikki	Southpaw Fit Vic	Judo Tweens/Teens Ages 10 - 16 Dennis	
10:00 – 11:00am	Boxing Vic		Boxing Vic		Boxing Vic	Conditioning <i>All Disciplines</i> John Judo Ages 4-9 Dennis	
Afternoon	Evenings	Afternoon	Evenings	Afternoon	Evenings	Afternoon	Evenings
5:00 – 6:00pm	Southpaw Fit Nikki Kids Boxing Ages 4-7 Vic	Kids Judo Dennis Ages 4-9	Southpaw Fit Nikki Kids Boxing Ages 4-7 Vic	Kids Judo Dennis Ages 4-9	Southpaw Fit Kids Boxing Ages 4-7 Vic		
6:00 -7:00 pm	JO Boxing Ages 8-12 Vic/Curtis Boxing John	Judo Ages 10 -16 Dennis Boxing Jeff	JO Boxing Ages 8-12 Vic/Curtis Boxing John	Judo Ages 10 -16 Dennis Boxing Jeff	JO Boxing Ages 8-12 Vic/Curtis Boxing John		
7:00 – 8:00pm	Boxing John Southpaw Fit Nikki	Muay Thai Casey Southpaw Fit Nikki	Boxing John Southpaw Fit Nikki	Muay Thai Rich Southpaw Fit Nikki			
8:00 – 9:00 pm		Kali Silat Vic/Casey		Kali Silat Vic			
Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed

SOUTHPAW GYM TRAINING SCHEDULE

PRIVATE & SMALL GROUP TRAINING AVAILABLE BY APPOINTMENT

732-895-9422