

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Mornings</b>	<b>Mornings</b>	<b>Mornings</b>	<b>Mornings</b>	<b>Mornings</b>	<b>Mornings</b>	<b>Mornings</b>	<b>Mornings</b>
<b>Morning</b>			<b>Morning</b>				
7:00 – 8:00 am		Seniors Boxing Coach Vic		Seniors Boxing Coach Vic			Seniors Boxing Coach Curtis
8:00 – 9:30 am						Conditioning All Disciplines Jeff/Vic	
<b>Afternoon</b>	<b>Evening</b>	<b>Afternoon</b>	<b>Evening</b>	<b>Afternoon</b>	<b>Evening</b>	<b>Afternoon</b>	
4:00 – 5:00pm		Ages 6-8 Rumble & Tumble Coach Vic		Ages 6-8 Rumble & Tumble Coach Vic			
5:00 – 6:00pm	JO USA Boxing Ages 9-12 Coach Jeff	Kali Kids Ages 9-12 Coach Vic	JO USA Boxing Ages 9-12 Coach Jeff	Kali Kids Ages 9-12 Coach Vic	JO USA Boxing Ages 9-12 Coach Jeff		
6:00 - 7:00 pm	USA Boxing 13 – Adults Coach Jeff	USA Boxing 9 - 12 Coach Curtis	USA Boxing 13 – Adults Coach Jeff	USA Boxing 9 – 12 Coach Curtis	USA Boxing 13 – Adults Coach Jeff		
7:00 – 8:30pm	Kali/Wing Chun/ Grappling/ Capoeira Mix Master Kasey 12 - Adult	USA Boxing 13 – Adults Coach Curtis	Kali/Wing Chun/ Grappling/ Capoeira Mix Master Kasey 12 - Adult	USA Boxing 13 – Adults Coach Curtis			
<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>

## **SOUTHPAW GYM 2.0 TRAINING SCHEDULE**