

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>STRIKE 10:30 AM Carlos Boxing Studio</p> <p>Burn 360 6:00 PM Elizabeth TRX Studio</p> <p>STRIKE 6:30 PM Rich Boxing Studio</p> <p>TRX Express 7:00 PM Rich TRX Studio</p> <p>TRX Power Core 7:30 PM Rich TRX Studio</p>	<p>Burn 360 9:00 AM Elizabeth TRX Studio</p> <p>STRIKE 10:00 AM Rich Boxing Studio</p> <p>Burn 360 6:30 PM Carlos TRX Studio</p>	<p>STRIKE 8:00 AM Katie Boxing Studio</p> <p>TRX Power Core 9:30 AM Rich TRX Studio</p> <p>TRX Express 10:00 AM Rich TRX Studio</p> <p>STRIKE 5:30 PM Carlos Boxing Studio</p> <p>STRIKE 6:30 PM Carlos Boxing Studio</p> <p>TRX 7:00 AM Rich TRX Studio</p>	<p>STRIKE 9:00 AM Carlos Boxing Studio</p> <p>STRIKE 10:00 AM Rich Boxing Studio</p> <p>STRIKE 6:30 PM Rich Boxing Studio</p>	<p>STRIKE 8:30 AM Katie Boxing Studio</p> <p>TRX 9:30 AM Rich TRX Studio</p>	<p>TRX 10:00 AM Rich TRX Studio</p> <p>STRIKE 11:00 AM Rich Boxing Studio</p>	<p>STRIKE 11:00 AM Carlos Boxing Studio</p>

Reservation Required 

Club Hours

Monday-Friday
5 AM - 11 PM


Saturday - Sunday
7 AM - 7 PM

Kids' Club Hours

Monday-Friday
8:30 AM - 1:30 PM & 3:30PM - 9PM

Saturday - Sunday
8AM - 2PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4PM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You