

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM		
KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:30 - 11:30 AM	KICKBOXING 10:00 - 11:00 AM	
					BOXING 12:00 - 1:00 PM	
KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM	KICKBOXING 4:30 - 5:30 PM		
BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM		
U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	HOURS M-F: 8 AM - 12 PM, 4 PM - 9 PM SAT: 9 AM - 1 PM	
KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM		
					HOLIDAY HOURS JULY 4th: 10 AM - 2 PM Thanks Eve: Close at 7 PM Thanks Day: 8 AM - 12 PM Xmas Eve: Close at 7 PM Xmas Day: Closed NYE: Close at 7 PM NYD: Open at 10 AM	