

TRAINING SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 ^{AM} - 6:30 ^{AM} Boxing Fitness	5:30 ^{AM} - 6:30 ^{AM} Boxing Fitness	5:30 ^{AM} - 6:30 ^{AM} Boxing Fitness	5:30 ^{AM} - 6:30 ^{AM} Boxing Fitness	5:30 ^{AM} - 6:30 ^{AM} Boxing Fitness		
6:30 ^{AM} - 7:30 ^{AM} Boxing Fitness	6:30 ^{AM} - 7:30 ^{AM} Boxing Fitness	6:30 ^{AM} - 7:30 ^{AM} Boxing Fitness	6:30 ^{AM} - 7:30 ^{AM} Boxing Fitness	6:30 ^{AM} - 7:30 ^{AM} Boxing Fitness		
8:30 ^{AM} - 9:30 ^{AM} Boxing Fitness		8:30 ^{AM} - 9:30 ^{AM} Boxing Fitness		8:30 ^{AM} - 9:30 ^{AM} Boxing Fitness		
9:30 ^{AM} - 10:30 ^{AM} Boxing Fitness	9:00 ^{AM} - 10:00 ^{AM} Boxing Fitness	9:30 ^{AM} - 10:30 ^{AM} Boxing Fitness	9:00 ^{AM} - 10:00 ^{AM} Boxing Fitness	9:30 ^{AM} - 10:30 ^{AM} Boxing Fitness		
NO GYM 10:30AM - 4PM						
4:00 ^{PM} - 5:00 ^{PM} Boxing Fitness	4:00 ^{PM} - 5:00 ^{PM} Boxing Fitness	4:00 ^{PM} - 5:00 ^{PM} Boxing Fitness	4:00 ^{PM} - 5:00 ^{PM} Boxing Fitness	4:00 ^{PM} - 5:00 ^{PM} Boxing Fitness		
5:00 ^{PM} - 6:00 ^{PM} Boxing Fitness	5:00 ^{PM} - 6:00 ^{PM} Boxing Fitness	5:00 ^{PM} - 6:00 ^{PM} Boxing Fitness	5:00 ^{PM} - 6:00 ^{PM} Boxing Fitness	5:00 ^{PM} - 6:00 ^{PM} Boxing Fitness		
6:00 ^{PM} - 7:00 ^{PM} Boxing Fitness	6:00 ^{PM} - 7:00 ^{PM} Boxing Fitness	6:00 ^{PM} - 7:00 ^{PM} Boxing Fitness	6:00 ^{PM} - 7:00 ^{PM} Boxing Fitness			
7:00 ^{PM} - 8:00 ^{PM} Boxing Fitness	7:00 ^{PM} - 8:00 ^{PM} Boxing Fitness	7:00 ^{PM} - 8:00 ^{PM} Boxing Fitness	7:00 ^{PM} - 8:00 ^{PM} Boxing Fitness			
	8:00 ^{PM} - 9:00 ^{PM} <i>Legends Sparring*</i>		8:00 ^{PM} - 9:00 ^{PM} <i>Legends Sparring*</i>			
					8:00 ^{AM} - 9:00 ^{AM} Boxing Fitness	
					9:00 ^{AM} - 10:00 ^{AM} Boxing Fitness	
					10:00 ^{AM} - 11:00 ^{AM} Boxing Fitness	10:00 ^{AM} - 11:00 ^{AM} Boxing Fitness



LEGENDS
BOXING

80 N. 850 E. Lehi, UT 84043
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*you must register with USA boxing to participate in sparring sessions.