

# BOXING SCHEDULE

BOXING SCHEDULE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30am	5:30-6:15am Adult		5:30-6:15am Adult		5:30-6:15am Adult		
8:00							
9:00						9 - 10am Adult	
10:00						10 - 11am Youth (ages 10-13)	
11:00	11:00 - 12:00pm Open Gym		11:00 - 12:00pm Open Gym		11:00 - 12:00pm Open Gym	11-11:45 Kids (5-9)	
12:00pm	12-1pm Adult		12-1pm Adult		12-1pm Adult	GYM	
1:00	1:00-4:30pm OPEN GYM		1:00-4:30pm OPEN GYM		1:00-4:30pm OPEN GYM	1:00-4:30pm OPEN GYM	
4:30	4:30-5:30pm Adult	4:30-5:15pm Kids (5-9)	4:30-5:30pm Adult	4:30-5:15pm Kids (5-9)	4:30-5:30pm Adult		
5:30	5:30-6:20pm Youth (10-13)	5:30-6:30pm Adult	5:30-6:20pm Youth (10-13)	5:30-6:30pm Adult	5:30-6:20pm Youth (10-13)		
6:30	6:30-7:30pm Adult	6:30-7:30pm Technical Boxing	6:30-7:30pm Adult	6:30-7:30pm Technical Boxing			
7:30	7:30-9:00pm  OPEN GYM	7:30-9pm Competition Boxing	7:30-9:00pm  OPEN GYM	7:30-9pm Competition Boxing			
9:00		(Comp members only)		(Comp members only)			



**Kids: 5-9**  
**Youth: 10-13**  
**Adult: 14 +**

**KIDS BOXING:** ages 5-9, fundamentals of boxing in a safe, fun, learning environment. Strong physical activity.

**YOUTH BOXING:** 10-13, fundamentals of boxing, intense boxing workout

**ADULT BOXING:** AGES 14+, fundamentals of boxing, intense boxing workout

**COMPETITION BOXING:** Adults & youth, must be approved by boxing coach, ALL gear required - must be prepared to train for competition

**BOXING OPEN GYM:** Adults & youth, no instruction, free use of the boxing gym and weight room

651-340-4349      [www.minnesotatopteam.com](http://www.minnesotatopteam.com)

MTT will be closed on major holidays.