



# **GRIND BOXING GYM**

## **TRAINING SESSIONS SCHEDULE**



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>5 PM</b> <b>Beginners</b> <b>Boxing</b>	<b>5 PM</b> <b>Beginners</b> <b>Boxing</b>	<b>5 PM</b> <b>Beginners</b> <b>Boxing</b>	<b>5 PM</b> <b>Beginners</b> <b>Boxing</b>
<b>6 PM</b> <b>Advanced</b> <b>Boxing</b>	<b>6 PM</b> <b>Advanced</b> <b>Boxing</b>	<b>6 PM</b> <b>Advanced</b> <b>Boxing</b>	<b>6 PM</b> <b>Advanced</b> <b>Boxing</b>

Private training sessions with coach Jarek Slagowski also available at \$50 for an hour. Contact Wheelhouse at : [wheelhouseaz@gmail.com](mailto:wheelhouseaz@gmail.com) for availability.