



GYM SCHEDULE

PM Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM Time:4:30 - 6:30 pm Personal Training 1 or ½ hr sessions Book At Desk/Online	OTR BOXING CLASS Time:3:30 - 4:30 pm Access: All Members Skill Level: All	INTENSIVE TRAINING Time:5:00 - 6:30 pm Access: All Members Skill Level: All Small Class Sessions 6 people only Interval Training Reservations Are Required Book at Desk/Online \$25 Additional	OTR BOXING CLASS Time:3:30 - 4:30 pm Access: All Members Skill Level: All	OPEN GYM Time:4:30 - 6:30 pm Personal Training 1 or ½ hr sessions Book At Desk/Online	OTR BOXING CLASS Time:10:00 - 11:00 am Access: ALL Skill Level: All
	OTR BOXING CLASS Time:4:30 - 5:30 pm Access: All Members Skill Level: All		OTR BOXING CLASS Time:4:30 - 5:30 pm Access: All Members Skill Level: All		
	YOUTH BOXING Time: 5:30 - 6:30 pm Access: Ages 6 - 14 Skill Level: All		YOUTH BOXING Time: 5:30 - 6:30 pm Access: Ages 6 - 14 Skill Level: All		
BOXING CORPS OPEN GYM Time:6:30 - 7:30 pm	OTR BOXING CLASS Time:6:30 - 7:30 pm Access: All Members Skill Level: All	COMPETITIVE TRAINING Time:6:30 - 8:30 pm Access: All Members Skill Level: Intermediate Small Class Sessions 6 people only Full Contact Training Sparring Reservations Are Required Book at Desk/Online \$25 Additional	OTR BOXING CLASS Time:6:30 - 7:30 pm Access: All Members Skill Level: All	BOXING CORPS OPEN GYM Time:6:30 - 7:30 pm	FREE TRIAL CLASS Time:12:00 - 1:00 pm Access: All Members Skill Level: All
TEAM REAL DIGG Time:7:30 - 8:30 pm Access: TEAM RD Skill Level: All	OTR BOXING CLASS Time:7:30 - 8:30 pm Access: All Members Skill Level: All		OTR BOXING CLASS Time:7:30 - 8:30 pm Access: All Members Skill Level: All	GLADIATOR'S BRAWL (Sparring Session) Time:1:00 - 3:00 pm Access: Intermediate Skill Level: Intermediate	

To be eligible for the Intermediate/Advance Sparring/Full Contact sessions you must have at least 6 months experience in the Beginner Class and/or must be cleared by Coach Trigg to advance.

Schedule is subject to change without prior written or verbal notification.

Update: 01/01/2019