







PAN AM BOXING CLUB SCHEDULE

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Morning					
6:15-7:00 am	-	-	VIRTUAL CONDITIONING 	-	-
6:45-7:45am	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING
Afternoon					
12:00-1:00pm	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING
	VIRTUAL BOXING 	VIRTUAL BOXING 	-	VIRTUAL BOXING 	VIRTUAL BOXING 
	-	SPIN	-	-	-
Evening					
5:30-6:30pm	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING
	SPIN & VIRTUAL SPIN 	FIGHT BIKE	FIGHT BIKE	SPIN	-
	-	-	YOUTH BOXING	-	-
6:35-7:30pm	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING	ADULT BOXING

	<u>Saturday</u>	<u>Sunday</u>
Morning		
10:00-11:00am	ADULT BOXING	ADULT BOXING
	WOMEN'S CLASS	-
12:15-1:00pm	KIDS CLASS	-
1:30-2:30 pm	-	UMBRELLA (bi-weekly)

Pan Am Boxing Club – 245 McDermot Ave (Basement) - 204-957-7666
 Questions? Contact Jesse at j-jordan@panamboxing.com