

# BOXING BY SYD VANDERPOOL ADULT FITNESS CLASSES

## PROGRAM SCHEDULE EFFECTIVE OCTOBER 13, 2014

### BEGINNER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Boxing 9:00am – 9:30pm	Open Boxing 9:00am – 9:30pm	Open Boxing 9:00am – 9:30pm	Open Boxing 9:00am – 9:30pm	Open Boxing 9:00am – 7:00pm	Open Boxing 9:00am – 2:00pm
		Syd Fit Boxing 6:15 – 7:15 pm		Syd Fit Boxing 6:30 – 7:30 pm	

### INTERMEDIATE PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Syd Fit Early Riser 6:30-7:15 am		Syd Fit Early Riser 6:30-7:15 am		Syd Fit Boxing 9:00 – 10:00 am
Syd Fit at Noon 12:15 – 1:00 pm		Syd Fit at Noon 12:15 – 1:00 pm		Syd Box Non Competitive Sparring 11:00 – 12:00 pm	Syd Box Non Competitive Sparring 12:00 - 1:00 Pm
<b>Syd Tek- Premium</b> 5:30 – 6:15pm		<b>Syd Tek- Premium</b> 5:30 – 6:15 pm	Syd Extreme 5:30 – 6:30 pm		
Syd Fit Boxing 6:15 - 7:15pm					

### ADVANCED PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Syd Extreme 5:30-6:30 pm	Syd Fit Early Riser 6:30 -7:15 am			
	Syd Fit Boxing 7:30-8:30pm		Syd Fit Boxing 7:30-8:30pm		