



# Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		5:00 - 6:00 AM By The Numbers		5:00 - 6:00 AM By The Numbers			CLOSED
6:00 AM							
7:00 AM		7:15 - 8:15 AM By The Numbers		7:15 - 8:15 AM By The Numbers			
8:00 AM					7:45 - 8:45 AM By The Numbers		
9:00 AM			9:00 - 10:00 AM BoxFit	9:00 - 10:00 AM By The Numbers		9:00 - 10:00 AM By The Numbers	
10:00 AM						10:00 - 11:00 AM By The Numbers	
11:00 AM						11:15 AM- 12:15 PM Youth Program	
12:00 PM							
1:00 PM						12:45 - 1:45 PM By The Numbers	
2:00 PM						2:00 - 3:00 PM Coach's Corner	
3:00 PM							
4:00 PM		4:00 - 5:00 PM After School Program	4:00 - 5:00 PM After School Program		4:00 - 5:00 PM After School Program	3:30 - 4:30 PM Hurt Stick	
5:00 PM	5:00 - 6:00 PM By The Numbers	5:00 - 6:00 PM By The Numbers		5:00 - 6:00 PM By The Numbers			
6:00 PM	6:00 - 7:00 PM By The Numbers		6:00 - 7:00 PM Hurt Stick		6:00 - 7:00 PM BoxFit		
7:00 PM	7:00 - 8:00 PM Hurt Stick	7:00 - 8:00 PM By The Numbers	7:00 - 8:00 PM By The Numbers	7:00 - 8:00 PM By The Numbers	7:00 - 8:00 PM By The Numbers		

**Descriptions** (for more information, please see [www.everygoalhas.com](http://www.everygoalhas.com))

**By The Numbers:** Boxing conditioning class that requires gloves and hand wraps. Learn real boxing combinations and be ready for a total body workout.

**Youth/After School Program:** Ages 10-13 get exposure to boxing and athletic training with other youth within their age group. This class requires gloves and hand wraps.

**Coach's Corner:** Participants utilize the skills learned in "By The Numbers" to perform work independently. Three minute rounds with one minute rests to simulate a more realistic boxing environment. Heavy bag, speed bag, double-end bag, ring work, shadow boxing, and more.

**Hurt Stick:** Requires an assessment as it involves high level conditioning, strength training, obstacle course training and team concepts.

**BoxFit:** The middle ground between "By The Numbers" and the "Hurt Stick" class. Here you are exposed to the various exercises for the next level (Hurt Stick).