

**OAKVILLE
NATIONAL**
Boxing Club

Weekly Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Boxing for Fitness <i>10:00am-11:00am</i> Boxing inspired group fitness class for all levels		Boxing for Fitness <i>10:00am-11:00am</i> Boxing inspired group fitness class for all levels		Boxing for Fitness <i>9:00am-10:00am</i> Boxing inspired group fitness class for all levels
Youth Boxing <i>5:30pm-6:30pm</i> Conditioning and self-defense training in a friendly environment for youth 7-12		Youth Boxing <i>5:30pm-6:30pm</i> Conditioning and self-defense training in a friendly environment for youth 7-12		Youth Boxing <i>5:30pm-6:30pm</i> Conditioning and self-defense training in a friendly environment for youth 7-12	
Kickboxing <i>6:30pm-7:30pm</i> Calorie burning workout with punching & kicking combinations		Boxing for Fitness <i>6:30pm-7:30pm</i> Boxing inspired group fitness class for all levels		Kickboxing <i>6:30pm-7:30pm</i> Calorie burning workout with punching & kicking combinations	

Contact **905-842-2366** or elda@oakvillennialfitness.com to register | 474 Iroquois Shore Rd, L6H2Y7, Oakville