



# CINCINNATI FITNESS & BOXING

## CLASS SCHEDULE & INFORMATION



<u>MONDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
4:00pm	5:30pm	Amateur Boxing *
6:00pm	7:00pm	<b>FITNESS BOXING</b>

<u>TUESDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
4:00pm	5:30pm	Amateur Boxing *
6:00pm	7:00pm	Strength Training
6:00pm	7:00pm	Kids Boxing

<u>WEDNESDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
4:00pm	5:30pm	Amateur Boxing *
6:00pm	7:00pm	<b>FITNESS BOXING</b>

<u>THURSDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
4:00pm	5:30pm	Amateur Boxing *
6:00pm	7:00pm	<b>FITNESS BOXING</b>

<u>FRIDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
No scheduled classes on Fridays or Sundays		

<u>SATURDAY</u>		
<u>Start</u>	<u>End</u>	<u>Class</u>
9:00am	10:00am	Member Sparring
10:00am	11:00am	<b>FITNESS BOXING</b>
12:00pm	1:00pm	Kids Boxing

<u>CFB Membership Options</u>	
6 Class Punch Card	\$60
11 Class Punch Card	\$100
1 Month Unlimited	\$100
2 Months Unlimited	\$180
6 Months Unlimited	\$500
1 Single Class	\$15
Kids Boxing 6 week session	\$175

<u>Website &amp; Social Media</u>
Website: <a href="http://www.CFBFit.com">www.CFBFit.com</a>
Facebook: Cincinnati Fitness & Boxing
Instagram: CincinnatiFitnessBoxing
Instagram: JeffPerry_UCBoxing
email: <a href="mailto:cincinnatifitnessboxing@outlook.com">cincinnatifitnessboxing@outlook.com</a>

<u>By Appointment</u>
* <b>1-on-1 Personal Training</b>
* <b>Private Group Classes</b>
* 5-10 people = ~\$15 per person
* 11+ people = ~\$10 per person

<u>* Amateur Boxing</u>
Amateur Boxing for High School & University of Cincinnati Boxing Teams.
Ask Jeff Perry for information.