



# CINCINNATI FITNESS & BOXING

## CLASS SCHEDULE & INFORMATION



### MONDAY

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

### TUESDAY

<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

### WEDNESDAY

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

### THURSDAY

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

### FRIDAY

<u>Start</u>	<u>End</u>	<u>Class</u>
5:30pm	6:30pm	Strength Training

### SATURDAY

<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	2:00pm	Kids Boxing

### CFB Membership Options

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	\$250
6 week session (12 classes)	

### Website & Social Media

Website: [www.CFBFit.com](http://www.CFBFit.com)  
Facebook: Cincinnati Fitness & Boxing  
Instagram: CincinnatiFitnessBoxing  
Twitter: @CinFitBoxing

### \* Amateur Boxing

Amateur Boxing for High School &  
University of Cincinnati Boxing Teams.  
Ask Jeff Perry for information



### By Appointment

- \* **Personal Training**
- \* **Private Group Classes**
  - \* 5-10 people = \$15 per person
  - \* 11+ people = \$10 per person

### Amateur Boxing

[www.CincinnatiAmateurBoxingClub.com](http://www.CincinnatiAmateurBoxingClub.com)  
Instagram: jeffperry\_ucboxing  
Twitter: @CHB\_UC\_Boxing  
email: [cincinnatifitnessboxing@outlook.com](mailto:cincinnatifitnessboxing@outlook.com)