

| MONDAY                               |                         |                          | TUESDAY                              |                                | WEDNESDAY                             |                         |                          | THURSDAY                             |                                | FRIDAY                               |                         |                             | SATURDAY                                |                 |                                  | SUNDAY                           |
|--------------------------------------|-------------------------|--------------------------|--------------------------------------|--------------------------------|---------------------------------------|-------------------------|--------------------------|--------------------------------------|--------------------------------|--------------------------------------|-------------------------|-----------------------------|---|-----------------|----------------------------------|----------------------------------|
| OPEN GYM *                           |                         |                          | OPEN GYM *                           |                                | OPEN GYM *                            |                         |                          | OPEN GYM *                           |                                | OPEN GYM *                           |                         |                             | OPEN GYM *                              |                 |                                  | OPEN GYM *                       |
| OPEN GYM *                           |                         |                          | OPEN GYM *                           |                                | OPEN GYM *                            |                         |                          | OPEN GYM *                           |                                | OPEN GYM *                           |                         |                             | OPEN GYM *                              |                 |                                  | OPEN GYM *                       |
| OPEN GYM *                           |                         |                          | OPEN GYM *                           |                                | OPEN GYM *                            |                         |                          | OPEN GYM *                           |                                | OPEN GYM *                           |                         |                             | DC-Box FIT 9:30am-8:30am                |                 |                                  | OPEN GYM *                       |
| DC-Box Fit -Women 9:30-10:30         |                         |                          | DC-Box FIT 9:30-10:30                |                                | DC-Box Fit -Women 9:30-10:30          |                         |                          | DC-Box FIT 9:30-10:30                |                                | DC-Box Fit -Women 9:30-10:30         |                         |                             | PEE WEE Boxing (9:30-10:15am)           |                 | PEE WEE Muay Thai(9:30-11:30am)  | Adult Recreational Boxing        |
| OPEN GYM/PT                          |                         |                          | OPEN GYM/PT                          |                                | OPEN GYM/PT                           |                         |                          | OPEN GYM/PT                          |                                | OPEN GYM/PT                          |                         |                             | Junior Boxing (10:30-11:30am)           |                 | Junior Muay Thai (10:30-11:30am) | Advanced Karate Fighting (10-12) |
| OPEN GYM/PT                          |                         |                          | DC-Box Fit -Women 12pm-1pm           |                                | OPEN GYM/PT                           |                         |                          | DC-Box Fit -Women 12pm-1pm           |                                | OPEN GYM/PT                          |                         |                             | Adult recreational Boxing 10:30-11:30pm | Adult Muay Thai |                                  | OPEN GYM *                       |
| Adult Muay Thai 1pm-2pm              |                         |                          | Adult recreational Boxing 1pm-2pm    |                                | Adult Muay Thai 1pm-2pm               |                         |                          | Adult recreational Boxing 1pm-2pm    |                                | Adult Muay Thai 1pm-2pm              |                         |                             | OPEN GYM *                              |                 |                                  | OPEN GYM *                       |
| OPEN GYM/PT                          |                         |                          | OPEN GYM/PT                          |                                | OPEN GYM/PT                           |                         |                          | OPEN GYM/PT                          |                                | OPEN GYM/PT                          |                         |                             |   |                 |                                  |                                  |
| Pee Wee Boxing 4:15pm-5pm            |                         |                          | Pee Wee Muay Thai 4:15pm-5pm         |                                | Pee Wee Boxing 4:15pm-5pm             |                         |                          | Pee Wee Muay Thai 4:15pm-5pm         |                                | Pee Wee Boxing 4:15pm-5pm            |                         |                             |   |                 |                                  |                                  |
| Junior Boxing 5pm-6pm                |                         |                          | Junior Muay Thai 5pm-6pm             |                                | Junior Boxing 5pm-6pm                 |                         |                          | Junior Muay Thai 5pm-6pm             |                                | Junior Boxing 5pm-6pm                |                         |                             |   |                 |                                  |                                  |
| Adult recreational Boxing 6pm-7:30pm | White Collar 6pm-7:30pm | Elite Juniors 6pm-7:30pm | Adult recreational Boxing 6pm-7:30pm | DC-Box Fit Women 6:30pm-7:30pm | Adult recreational Boxing 18:00-19:30 | White Collar 6pm-7:30pm | Elite Juniors 6pm-7:30pm | Adult recreational Boxing 6pm-7:30pm | DC-Box Fit Women 6:30pm-7:30pm | Adult recreational Boxing 6pm-7:30pm | White Collar 6pm-7:30pm | Elite Juniors 6pm-7:30pm    | OPEN GYM*                               |                 |                                  | OPEN GYM*                        |
| Carded/Experienced 7:30pm-9:00pm     |                         | Adult Muay Thai 7:30-9pm | Adult Muay Thai 7-9pm                | Carded/Experienced 7:30-9:00pm | Carded/Experienced 7:30pm-9:00pm      |                         | Adult Muay Thai 7:30-9pm | Adult Muay Thai 7-9pm                | Carded/Experienced 7:30-9:00pm | Carded/Experienced 7:30pm-9:00pm     |                         | Adult Muay Thai 19:30-21:00 | OPEN GYM*                               |                 |                                  | OPEN GYM*                        |
|                                      |                         |                          | MMA Feb 2025 8:30-9:30pm             |                                |                                       |                         |                          | MMA Feb 2025 8:30-9:30pm             |                                |                                      |                         |                             | CLOSED                                  |                 |                                  | CLOSED                           |