



**Business Hours:**  
**Mon & Wed 12pm-9pm**  
**Tues-Thurs 8:30am-9pm**  
**Fri 12pm-8pm**  
**Sat 10am-3pm**  
**Closed Sunday**



**806-780-2699 (BOXX)**

**419 Frankford Ave.; Lubbock, TX 79416**

|                | GROUP TRAINING SCHEDULE  | GROUP TRAINING CLASS DESCRIPTIONS   |
|----------------|--|---|
| <b>M</b>       | 12:30pm-1:30pm Boxing<br>4:30pm-5:30pm Boxing<br>5:30pm-6:30pm Kid's Boxing (9-12 yrs)<br>6:30pm-7:30pm Kickboxing<br>7:30pm-8:30pm Boxing | <p style="text-align: center;"><u><b>BOXING</b></u></p> <p>Learn the punches, combinations, counters, footwork and body movement of Boxing, "the sweet science". Includes partner drills plus lots of bag, mitt work and exercise. Great workout and stress relief guaranteed!</p>  |
| <b>T<br/>U</b> | 4:30pm-5:30pm Kid's Boxing (6-8 yrs)<br>5:30pm-6:30pm Boot Camp<br>6:30pm-7:30pm Kickboxing<br>7:30pm-8:30pm Boxing                        | <p style="text-align: center;"><u><b>KICKBOXING</b></u></p> <p>Add Kicks, Knees and Elbows to your Boxing arsenal! Boxing hands with Muay Thai (Moo-ee-Tie) kicks plus karate kicks make for a whole body workout with awesome self-defense potential.</p>  |
| <b>W</b>       | 12:30pm-1:30pm Boxing<br>4:30pm-5:30pm Boxing<br>5:30pm-6:30pm Kid's Boxing (9-12 yrs)<br>6:30pm-7:30pm Kickboxing<br>7:30pm-8:30pm Boxing | <p style="text-align: center;"><u><b>BOOT CAMP</b></u></p> <p>Get an awesome workout and have fun while utilizing the different equipment available in the gym. This circuit training based fitness workout will test your endurance.</p>   |
| <b>T<br/>H</b> | 4:30pm-5:30pm Kid's Boxing (6-8 yrs)<br>5:30pm-6:30pm Boot Camp<br>6:30pm-7:30pm Kickboxing<br>7:30pm-8:30pm Boxing                        | <p style="text-align: center;"><u><b>SPARRING</b></u></p> <p>Supervised Contact Sparring. See us for requirements.</p>  |
| <b>T<br/>H</b> | 4:30pm-5:30pm Kid's Boxing (6-8 yrs)<br>5:30pm-6:30pm Boot Camp<br>6:30pm-7:30pm Kickboxing<br>7:30pm-8:30pm Boxing                        | <p style="text-align: center;"><u><b>KID'S BOXING</b></u><br/>           (6-8 yrs &amp; 9-12 yrs)</p> <p>Age specific format gives kids a great physical workout while teaching basic boxing skills and fun too.</p>  |
| <b>F</b>       | 12:30pm-1:30pm Boxing<br>4:30pm-5:30pm Boxing<br>5:30pm-6:30pm Kickboxing<br>6:30pm-7:30pm Sparring  | <p style="text-align: center;"><u><b>KID'S KARATE</b></u><br/>           (6-12 yrs)</p> <p>Kenpo Karate for confidence, respect, mental focus, discipline, coordination, conditioning, self-defense skill and fun.</p>  |
| <b>S</b>       | 10:30am-11:30am Kid's Karate (6-12 yrs)<br>11:30am-12:30pm Teen/Adult Karate<br>12:30pm-1:30pm Boxing                                      | <p style="text-align: center;"><u><b>TEEN/ADULT KARATE</b></u><br/>           (Teen &amp; Adults)</p> <p>The 'thinking person's martial art' made famous by Ed Parker, Kenpo utilizes refined Concepts, Principles and Theories as it relates to street self-defense. Get in great shape while learning 'Real Life Skills' and improving coordination with increased confidence and energy.</p> |

**www.LubbockBoxingClub.com Facebook: Lubbock Bclub**

**Boxing classes require boxing gloves & hand wraps, plus shin guards for kickboxing.**

*Note: 13-15 year olds eligible for classes that start before 6:30pm unless approved for later times.*

**Ask us about Personal Training!**

The Boxing Club, Inc. – Owners, Rosie (Mrs. B) & Barry (Mr. B) Barker