



GRIND BOXING GYM

TRAINING SESSIONS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5 PM Beginners Boxing	5 PM Beginners Boxing	5 PM Beginners Boxing	5 PM Beginners Boxing
6-7 PM Advanced Boxing	6-7 PM Advanced Boxing	6-7 PM Advanced Boxing	6-7 PM Advanced Boxing
After 7 PM Competition Boxing	After 7 PM Competition Boxing	After 7 PM Competition Boxing	After 7 PM Competition Boxing

Private training sessions with coach Jarek Slagowski also available at \$50 for an hour. Contact Wheelhouse at : wheelhouseaz@gmail.com for availability.