PRIME TIME BOXING SCHEDULE - SACRAMENTO

- Fundamental Sessions are 30min
- All Training sessions are 45min
- Schedule is subject to change

1931 Del Paso Blvd. Sacramento CA 95815
916.927.2697 (boxr)
sacramento@primetimeboxing.com

MONDAY	5:45 AM ADULT	6:35 AM ADULT	7:20 AM ADULT	8:15 AM ADULT	5:30 PM ADULT	6:20 PM ADULT	7:10 PM ADULT		
TUESDAY	4:30PM YOUTH	5:30PM ADULT	6:20PM SPAR/STRENGTH						
WEDNESDAY	5:45 AM ADULT	6:35 AM ADULT	7:20 AM FUNDAMANTALS	8:15 AM ADULT	5:30 PM ADULT	6:20 PM ADULT	7:10 PM ADULT	7:20 PM FUNDAMANTALS	
THURSDAY	4:30PM YOUTH	5:30PM ADULT	6:20PM MITTS/CONDITIONING						
FRIDAY	5:45 AM ADULT	6:35 AM ADULT	7:20 AM ADULT	8:15 AM ADULT	4:30 PM YOUTH	5:30 PM ADULT	7:10 PM ADULT		
SATURDAY									
SUNDAY									