

GYM SCHEDULE

Monday, Hours 11am-7pm

12pm All-Level Class (Begins April 1)
4pm Team Practice
5:30pm All-Level Class

Tuesday, Hours 11am-7pm

10am PD Yoga
12pm All-Level Class
1pm Championship Round (Seniors)
3:30pm PeeWee
4pm Middle School
4:30 High School
5:30 Open Gym

Wednesday, Hours 12pm-7pm

12pm Open Gym
4pm Team Practice
5:30pm All-Level Class

Thursday, Hours 11am-7pm

11am Punch Therapy (PD)
12pm All-Level
1pm Championship Round
3:30 PeeWee
4pm Middle School
4:30 High School
5:30 Open Gym

Friday, Hours 11am-6pm

12pm All-Level Class
1pm Championship Round
4:30 Sparring

Saturday, Hours 12-2pm

12pm Student -Led All-Level Class
1pm Open Gym

Sunday CLOSED

*Hours may vary. Text (806) 786-8849
if gym is closed during regular hours*



**Personal Session is required
prior to class participation**

**Open Gym time is available
during most gym hours.
Class participants have
priority regarding equipment
(work around the class:)**

**Sparring is for TGF MEMBERS
and Coach's invited guests ONLY.
Minors may spar only under the
supervision of a USA Boxing Coach**