



**Schedule for Boxing and
Jiu Jitsu/Gracie Tampa South
for July/August 2009**

CLUB HOURS

OPEN 24 HOURS

Sun. - 7 AM til Fri. - 11 PM

Saturday -7 AM - 11 PM

936 South Howard Avenue
Tampa, Florida 33606

813-258-2639

www.ChoiceFitnessClubs.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 a.m.		JIU JITSU (No Gi)	JIU JITSU (No Gi)	JIU JITSU (No Gi)		BOXING for FITNESS (Joe)	
6:00 p.m.	BOXING for FITNESS (Joe)	BOXING for FITNESS (Reggie)	BOXING for FITNESS (Reggie)	BOXING for FITNESS (Shane)	BOXING for FITNESS (Shane)	OPEN MAT 11:00 am-12:30 pm	
7:00 p.m.	JIU JITSU (No Gi) BOXING for FITNESS (Joe)	JIU JITSU (No Gi) BOXING for FITNESS (Reggie)	JIU JITSU (Gi) BOXING for FITNESS (Reggie)	MMA	JIU JITSU (No Gi)		
8:00 p.m.	WRESTLING	STRIKING		STRIKING			

DUE TO OUR CLASS TIME FRAME I WILL NO LONGER BE ABLE TO WRAP HANDS PRIOR TO CLASS. PLEASE BE PREPARED TO WRAP YOUR OWN HANDS. (This excludes beginners)

If you are a beginner you must show up for class **15 minutes early** to wrap your hands - **NO EXCEPTIONS!**

*Beginners are encouraged to attend the Thursday class at 6:00 pm.

The classes in the boxing and conditioning center encompass extremely high demands on complete fitness. These classes are geared to obtain cardiovascular fitness, fat reduction, as well as strength and flexibility. Classes in this room are in an open air environment so be prepared for extreme temperatures.

CAUTION: Participants soon notice a drastic reduction of body fat and improved muscle tone from head to toe, more strength, stamina and energy.