

## **SCHEDULE SUBJECT TO CHANGE.**

Our #1 priority and concern is the safety of our members, staff, friends, and families. We will abide by USA Boxing recommendation and refer to the Federal, State and Local Guidelines daily for important changes.

During this time, we are not offering any free Intros or free classes.

### **IN GYM GUIDELINES AND RULES**

- **Some classes are being held outside, so you must arrive early or you will be locked out.**
- **All classes will have a limit of 15 members.**
- **Parents and/or siblings not participating in class must wait outside the gym while classes are in session.**
- **No Open Gym during class times.**
- **Social distancing will be implemented.**
- **Sanitizing of equipment will be completed after each use.**
- **All members must be healthy. If you are sick or have a fever, please do not come in.**
- **Mask will be required at all times while in gym and while working out. Masks are available for purchase.**
- **Water fountain in gym will not be in use. You must bring your own water bottle or purchase water from front desk.**
- **Be punctual for classes.**
- **Bring your own towel, wraps, and gloves. Towels, wraps and gloves are available for purchase.**
- **Follow the instructions of your Coach.**
- **Follow the cleaning instructions for each station.**
- **BE COURTEOUS TO ALL AROUND.**

# DREAMLAND BOXING

## Gym Schedule

**NO SPARRING and NO FREE INTROS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM: 9:00 am – 12:30 pm	OPEN GYM: 9:00 am – 12:30 pm	OPEN GYM: 9:00 am – 12:30 pm	OPEN GYM: 9:00 am – 12:30 pm	NO OPEN GYM:	OPEN GYM 10:00 a.m. - Noon	CLOSED
CLASS 4:30 p.m. – Coach Fernando	CLASS 4:30 p.m. – Coach Luis	CLASS 4:30 p.m. – Coach Tommy	CLASS 4:30 p.m. – Coach Ali	CLASS 4:30 p.m. – Coach Ian	CLASS 9:00 a.m. – Coach Travis	CLOSED
CLASS 6:00 p.m. – Coach Vincent	CLASS (Outdoor) 4:30 p.m. – Coach Dominic	CLASS 6:00 p.m. – Coach Mark	CLASS (Outdoor) 4:30 p.m. – Coach Luis	CLASS 6:00 p.m. – Coach Hashim	CLASS (Outdoor) 10:30 a.m. – Coach Sandra	
CLASS 7:30 p.m. – Coach Masaya	CLASS 6:00 p.m. – Coach Eric	CLASS 7:30 p.m. – Coach Masaya	CLASS 6:00 p.m. – Coach George	CLASS 7:30 p.m. – Coach Masaya		

April 12, 2021