Schenectady Youth Boxing & Fitness

Crosstown Plaza, 2330 Watt St. Schenectady, NY 12304

518-377-1811

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 PM	Peaceful Warriors	**Closed**	Peaceful Warriors	**Closed**	Peaceful Warriors	10–11 AM Woman's Boxing	**Closed**
4:00 PM	Peaceful Warriors	Youth Program	Peaceful Warriors	Youth Program	Peaceful Warriors	11AM-Noon Work Out Time	**Closed**
4:30 PM	Youth Program	Youth Program	Youth Program	Youth Program	Work Out Time	Noon-1 PM Plyometrics	**Closed**
5:00 PM	Youth Program	Youth Program	Youth Program	Youth Program	Work Out Time	**2 PM Closed**	**Closed**
5:30 PM	Work Out Time	Work Out Time	Adult Fitness	Work Out Time	Adult Fitness	**Closed**	**Closed**
6:00 PM	Work Out Time	Sparring	Adult Fitness	Sparring	Adult Fitness	Private Sessions are arranged by appointment with trainers: **Paul Brown:** USA Boxing-cert. coach, judge, referee and masters boxer **Vince Kittle:** 20+ years experience coaching amateur & pro boxers and helping kids **Ray Valez:** light welterweight amateur boxer with over 30 amateur bouts. **Trevor Bryan:** super heavy weight with 6 national championships	
6:30 PM	Work Out Time	Sparring	Work Out Time	Sparring	Work Out Time		
7:00 PM	Work Out Time	Sparring	Work Out Time	Sparring	Work Out Time		
7:30 PM	Work Out Time	Sparring	Work Out Time	Sparring	Work Out Time		
8:00 PM	One-On-One	One-On-One	One-On-One	One-On-One	**Closed**		
8:30 PM	One-On-One	One-On-One	One-On-One	One-On-One	**Closed**		
9:00 PM	**Closed**	**Closed**	**Closed**	**Closed**	**Closed**		