



BOXING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Gym Hours 7am-1pm)
7 AM - 8 AM	CROSSBOX	CROSSBOX	CROSSBOX	CROSSBOX	CROSSBOX	
8 AM - 9 AM	CROSSBOX	CROSSBOX	CROSSBOX	CROSSBOX	CROSSBOX	Youth & Adults CROSSBOX
9:30 AM - 12 PM	PROS	PROS	PROS	PROS	PROS	PROS
4 PM - 4:45 PM	PEEWEEES	PEEWEEES	PEEWEEES	PEEWEEES		
5 PM - 6 PM	Youth & Adults CROSSBOX	Youth & Adults CROSSBOX	Youth & Adults CROSSBOX	Youth & Adults CROSSBOX		
6 PM - 7:30 PM	AMATEUR Youth & Adults	AMATEUR Youth & Adults	AMATEUR Youth & Adults	AMATEUR Youth & Adults	AMATEUR Youth & Adults	

CLASS DESCRIPTIONS
<p>CROSSBOX: A unique full-body workout program. You will learn real boxing techniques, as well as basic and advanced strength & conditioning.</p> <p>Boxing gloves and boxing handwraps required for all classes</p> <p>Fitness Focuses: Strength, Cardio</p>
<p>AMATEUR CROSSBOX: Amateur Boxers, <i>by appointment only with Coach Dale</i></p>
<p>PEEWEEES CROSSBOX: Ages 6 to 9 years old</p>
<p>PROS: Professional Boxers, <i>by appointment only with Coach Dale</i></p>
<p>YOUTH: 10 years old and up</p>
<p><i>Coming soon... CROSSBOX Group Exercise Class - exclusively for SWC Faculty and Staff (Must be a JAWS Member) [Monday, Wednesday, and Friday 6 AM - 7 AM]</i></p>

JAWS Boxing Membership *plus* Boxing add-on required to use the Boxing Center. Please see JAWS Front Desk to sign up for the Add-on Boxing Membership.

Boxing Add-on Monthly Fees:

SWC Student: JAWS Student Membership **plus** \$75 for Boxing Membership

Non-SWC Student: JAWS Membership **plus** \$100 for Boxing Membership

For more information regarding class levels, contact Two Hands Boxing Club at IG: @twohandsboxingclub

Southwestern Community College
Jaguar Aquatics Wellness & Sports
900 Otay Lakes Road, Bldg. 70
Chula Vista, CA 91910

Phone: (619) 482-6327
Email for JAWS: swcwac@swccd.edu
Website: swcjaws.com
IG: @swc_jaws
Boxing Club IG: @twohandsboxingclub

Gym Hours:
Mon-Fri: 5:30 am - 8 pm
Sat: 7 am - 1 pm