



Daily Schedule:

Sunday, March 22, 2026

Please note: This schedule is a general estimate and should not be relied on for exact class start times. All times are subject to change throughout the day.

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| 7:30 – 8:00 AM | Arena closed |
| 7:55 AM | Intro/Prayer/National Anthem |
| 8:00 AM | Youth Boxing (1 set) |
| 9:15 AM | Approximate time to start Box Drive (3 sets) |
| 11:45 AM | Approximate time for Extended Drag/Lunch (20 minutes) |
| 12:05 PM | Approximate time to start Open Boxing (5 sets) |
| 5:15 PM | Estimated end time for the day |

