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CORNER TEAM BOXING & FITNESS CLUB

FALL 2026 SCHEDULE

DAY	CLASS	TIME
M	Youth Boxing Fundamentals (Ages 7-9)	5:30pm - 6:30pm
	Adult/Teen Boxing & Fitness (Ages 15+)	6:30pm - 7:30pm
	Corner Team Amateur Boxing Club	5:30pm - 7:30pm
	Open Gym (Age 15+) 4:00pm-8:00pm	
T	Adult/Teen Strength & Conditioning (Ages 15+)	5:30pm - 6:30pm
	Youth Strength & Conditioning (Ages 10 -14)	6:30pm - 7:30pm
	Corner Team Amateur Boxing Club	5:30pm - 7:30pm
	Open Gym (Age 15+) 4:00pm-8:00pm	
W	Youth Boxing Fundamentals (Ages 10-14)	5:30pm - 6:30pm
	Women's Boxing Power Hour (Ages 15+)	6:30pm - 7:30pm
	Corner Team Amateur Boxing Club	5:30pm - 7:30pm
	Open Gym (Age 15+) 4:00pm-8:00pm	
TH	Adult/Teen Boxing & Fitness (Ages 15+)	5:00pm - 6:00pm
	Corner Team Amateur Boxing Club	5:30pm - 7:30pm
	Open Gym (Age 15+) 4:00pm-8:00pm	
F	CLOSED	
S	Youth Boxing Fundamentals (Ages 7-9)	9:15am - 10:15am
	Youth Boxing Fundamentals (Ages 10-14)	10:30am - 11:30am
	Corner Team Amateur Boxing Club	10:30am - 1:00pm
	Adult/Teen Fighter Fitness: Strength & Conditioning (15+)	1:00pm - 2:15pm
	Open Gym (Age 15+) 12:00pm-3:00pm	
***** Super Saturday Activities *****		
10:30am-1:00pm		
Corner Team Chess Club & Youth Champions Tutoring Club		
S	CLOSED	

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