

Cowboys' Intl' Fitness Centers Class Schedule

Updated: January 1, 2022

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Closed	Closed	Closed	CLOSED	Closed	CLOSED	CLOSED
9 AM	Fit Kickboxing101	FIT KICKBOXING101	FIT KICKBOXING101	FIT KICKBOXING101	FIT KICKBOXING101	10 am SUBURBAN FITNESS BOOT CAMP	CLOSED
10am - 11 AM	OPEN GYM FIGHTERS TRAINING	OPEN GYM FIGHTERS TRAINING	OPEN GYM FIGHTERS TRAINING	OPEN GYM FIGHTERS TRAINING	OPEN GYM FIGHTERS TRAINING	11am Sparring	CLOSED
12 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Closed	CLOSED
515 PM	KIDS BOXING	KIDS MUAY THAI	KIDS ANTI BULLY GRAPPLING	KIDS MUAY THAI	KIDS BOXING	CLOSED	CLOSED
615 PM	FIT KICKBOXING 101	FIT KICKBOXING101	FIT KICKBOXING 101	FIT Kickboxing 101	FIT KICKBOXING 101	CLOSED	CLOSED
715 PM	BOXING	BOXING	BOXING	BOXING	BOXING	CLOSED	CLOSED
815 PM	MIXED MARTIAL ARTS	MUAY THAI FIGHTERS TRAINING	MIXED MARTIAL ARTS	MUAY THAI FIGHTERS TRAINING	Closed	CLOSED	CLOSED