

ROUND ONE CLASS SCHEDULE (Effective November 1, 2011)

Day	Class	Time	Gym	
Monday	Open Training	5:00PM - 8:30PM		
	Boxing & Kickboxing Competitive Sparring	5:00PM - 6:00PM		B
	Intermediate Boxing & Kickboxing	6:00PM - 7:00PM	A	
	Advanced Boxing & Kickboxing	6:00PM - 7:00PM		B
	Novice/Beginner Boxing	7:00PM - 8:00PM	A	
	Novice/Beginner Kickboxing	7:00PM - 8:00PM		B
Tuesday	Youth Kenpo Karate - Advance	4:15PM - 5:00PM	A	
	Youth Kenpo Karate - Beginner	5:00PM - 5:30PM	A	
	Open Training + Weight Room	5:30PM - 8:30PM		
	Adult Kenpo Karate	5:45PM - 6:30PM		B
	Cardio Kick-Pilates (Open to all members)	6:00PM - 7:00PM	A	
	Cardio Kickboxing (Open to all members)	7:00PM - 8:00PM	A	B
Wednesday	Youth Boxing NEW!	4:30PM - 5:15PM	A	
	Open Training	5:00PM - 8:30PM		
	Boxing & Kickboxing Competitive Sparring	5:00PM - 6:00PM		B
	Intermediate Boxing & Kickboxing	6:00PM - 7:00PM	A	
	Advanced Boxing & Kickboxing	6:00PM - 7:00PM		B
	Novice/Beginner Boxing	7:00PM - 8:00PM	A	
	Novice/Beginner Kickboxing	7:00PM - 8:00PM		B
Thursday	Youth Kenpo Karate - Advance	4:15PM - 5:00PM	A	
	Youth Kenpo Karate - Beginner	5:00PM - 5:30PM	A	
	Open Training + Weight Room	5:30PM - 8:30PM		
	Adult Kenpo Karate	5:45PM - 6:30PM		B
	Cardio Kick-Pilates (Open to all members)	6:00PM - 7:00PM	A	
	Cardio Kickboxing (Open to all members)	7:00PM - 8:00PM	A	B
Friday	Youth Kenpo Karate	4:30PM - 5:30PM	A	
	Open Training + Weight Room	5:30PM - 8:30PM		
	Boxing & Kickboxing Competitive Sparring	5:30PM - 6:30PM	A	
	K-1 Kick Class (Open to all members) NEW!	6:00PM - 7:00PM		B
	All Levels Boxing	6:00PM - 7:00PM	A	
	All Levels Kickboxing	7:00PM - 8:00PM		B
Saturday	Adult Kenpo Karate	9:30AM - 10:30AM	A	
	Cardio Kickboxing (Open to all members)	10:30AM - 11:30AM	A	
	Youth Boxing NEW!	11:00AM - 12:00PM		B

Class Requirements:

It's recommended that you bring some water to class, athletic clothing, and any boxing equipment you own.

Equipment Required:

Cardio Kickboxing and Kick-Pilates	Athletic wear, hand wraps & bag gloves are recommended
Novice Boxing / Kickboxing	Hand wraps and 10 oz or 12 oz bag gloves
Intermediate Boxing / Kickboxing	Hand wraps and 10 oz or 12 oz bag gloves, mouth piece
Advanced & Elite Boxing / Kickboxing	Full sparring gear

Round One stocks a variety of quality equipment at affordable prices, however special orders can be made for any equipment you require.

Phone: (519) 451-1269

Email: roundone@bellnet.ca

www.roundoneboxing.com

***For Cardio Kick-Pilates email cardiokickpilates@rogers.com