
















LOUIE'S BOXING GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 12-4PM: OPEN GYM (all ages)	 12-2PM: ADULT BOXING	 12-4PM: OPEN GYM (all ages)	 12-2PM: ADULT BOXING	 12-4PM: OPEN GYM (all ages)
 4-5:45PM: YOUTH BOXING	 2-4PM: YOUTH BOXING	 4-5:45PM: YOUTH BOXING	 2-4PM: YOUTH BOXING	 4-5:45PM: YOUTH BOXING
5:45-6:00PM CLOSED	 4-6PM: LOUIE'S BOXING TEAM	5:45-6:00PM CLOSED	 4-6PM: LOUIE'S BOXING TEAM	5:45-6:00PM CLOSED
 6-8PM: ADULT BOXING		 6-8PM: ADULT BOXING		 6-8PM: ADULT BOXING

- 
OPEN GYM (all ages) *Designated areas for youth & Adults (circuit training, mitts, sparring)
- 
ADULT BOXING ONLY (ages 18+)
- 
YOUTH BOXING ONLY (ages 8-17 years old)
- 
LOUIE'S BOXING TEAM *See Coaches for details*

Each member is required to furnish a USA PASSBOOK before he/she is allowed to spar or become a member of the boxing team.


SALT LAKE COUNTY
PARKS & RECREATION