



BOXING - KICK BOXING - ADVANCE TRAINING - YOUTH BOXING - TAE KWON DO

BURN UP TO 1,000 CALORIES PER CLASS

CALL TO DAY FOR A FREE TRIAL SESSION!



Franco's Ringside Boxing Club

is a results driven Boxing program. We offer group fitness classes that burns up to 1,000 calories each class. Classes offered are Kickboxing, Boxing, Circuit Training, Boxing Skills and Technique, and Tae Kwon Do. You can expect to accelerate fat loss and increase lean muscle.

This program can be easily modified to help any athlete, at any level, achieve their fitness goals! This is the time to get into the best shape of your life, so get started today!

There is no prerequisite to joining this program! All levels welcome!



HOW TO GET STARTED

Joining our program is simple; your first class is free! Contact Tory Williams at 985-801-0500 or email at boxing@myfrancos.com to schedule your first class.

Class Schedule

Monday	5:00am, 6:30am, 12:00pm, 5:15pm, 6:30pm, 7:45pm
Tuesday	5:00am, 12:00pm, 5:15pm, 6:30pm, 7:45pm
Wednesday	5:00am, 6:30am, 12:00pm, 5:15pm, 6:30pm, 7:45pm
Thursday	5:00am, 12:00pm, 5:15pm, 6:30pm, 7:45pm
Friday	5:00am, 6:30am, 12:00pm, 5:15pm, 6:30pm
Saturday	9:00am, 10:30am, 1:00pm

Youth Boxing

Monday - Thursday	5:00pm
Saturday	10:30am

Boxing Skills & Techniques

Tuesday & Thursday	6:15pm
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Tae kwon do

Friday	7:30pm (adults)
Saturday	1:00pm (kids) 2:00pm (adults)



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