

## West Edmonton Knights Boxing Club

10074 – 151 street    [www.wekbc.ca](http://www.wekbc.ca)    Sonia (780) 238 - 9371

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
6:00 – 7:00 <b>U.S.S.R FITNESS</b> <i>(strength-indoor)</i>	6:00 – 7:00 <b>BOXING CARDIO</b> <i>(inside- bag work)</i> ~Or~ <b>RUNNING</b> <i>(outdoor-agility)</i>	6:00 – 7:00 <b>U.S.S.R FITNESS</b> <i>(sprints-outside)</i>	6:00 – 7:00 <b>BOXING CARDIO</b> <i>(inside- bag work)</i> ~Or~ <b>RUNNING</b> <i>(outdoor-agility)</i>	6:00 – 7:00 <b>U.S.S.R FITNESS</b> <i>(distance running)</i>
7:00 – 9:00 <b>COMPETITIVE BOXING</b> <hr/> 7:30 – 9:00 <b>HOCKEY PLAYER POWER</b>	7:00 – 7:30 <b>RUNNING</b> <i>(stairs-outdoor)</i> <hr/> 7:30 – 9:00 <b>NOVICE BOXING</b>	7:00 – 9:00 <b>COMPETITIVE BOXING</b> <hr/> 7:30 – 9:00 <b>HOCKEY PLAYER POWER</b>	7:00 – 7:30 <b>RUNNING</b> <i>(stairs-outdoor)</i> <hr/> 7:30 – 9:00 <b>NOVICE BOXING</b>	7:00 – 9:00 <b>COMPETITIVE BOXING</b> <hr/> 7:30 – 9:00 <b>HOCKEY PLAYER POWER</b>
<b>MEMBERSHIP</b>	<b>YOUTH</b>	<b>\$80 per month</b>	<b>\$199 for 3 months</b>	<b>Beginner's pkg.</b> 4 months <b>\$399</b> <i>(includes all gear)</i>
	<b>ADULT</b>	<b>\$90 per month</b>	<b>\$225 for 3 months</b>	<b>Beginner's pkg.</b> 4 months <b>\$449</b> <i>(includes all gear)</i>
	<b>Drop in</b>	<b>\$15</b>		
	<b>Punch Pass</b>	<b>\$99</b>	<b>10 Visits</b>	<b>Unlimited classes</b>
<b>GEAR</b>	<b>Boxing gloves \$80</b>	<b>Hand wraps \$20</b>	<b>Mouth guard \$20</b>	<b>Skipping rope \$20</b>
<b>Extra</b>	<b>Boxing boots \$90</b>	<b>Hoodies \$50</b>	<b>T-shirt \$20</b>	<b>Gym Bag \$20</b>

