

Soleil Boxing Club

www.soleiltotalfitness.com

321 Middle Country Rd

Selden, NY 11784

631.716.1800

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES						
						Sparring TBD
					12:00-100 pm Combined	
PM CLASSES						
6:00-7:00 pm 10 yrs-Youth		6:30-7:30 pm 10 yrs-14 Youth				
7:00-8:00pm 15 yrs – Adult	7:00-8:00 pm Youth/Adult	7:30-8:30 pm 15 yrs - Adult	7:00-8:00 pm Youth/Adult			

Soleil
Total Fitness