



# FALL 2025 BOXING/FITNESS CLASSES



REGISTRATION BEGINS 09/08  
CLASSES BEGIN 10/06



**INSTRUCTOR**  
**JASMINE**  
**POUNCY**

Professional  
Fighter



**\$10**  
**8 WEEK**  
**SESSION**

## MONDAY

MINI BEGINNERS EXERCISE CLASS @5PM (AGES 3-6)

GPLA BEGINNERS BOXING @ 6PM (AGES 7-17)

GPLA BOXING FITNESS @ 7PM (AGES 7-17)

## TUESDAY

BEGINNERS KICKBOXING @ 5PM (AGES 7-17)

ADVANCED BOXING DRILLS @ 7PM (AGES 7-17)

## WEDNESDAY

INTERMEDIATE BOXING FITNESS @5PM (AGES 7-17)

ADVANCED BOXING FITNESS @ 6PM (AGES 7-17)

ADVANCED BOXING @ 7PM (AGES 7/17)

## THURSDAY

BEGINNERS BOXING @ 6PM (AGES 7-17)

BEGINNERS BOXING FUNDAMENTALS @ 7PM (AGES 7-17)

ACHIEVING GENDER EQUALITY THROUGH A CONTINUOUS COMMITMENT TO GIRLS AND WOMEN IN SPORTS.

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY (323) 290-3141, OR 711 FOR CA RELAY, TEN DAYS IN ADVANCE OF THE EVENT. WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE.

IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE.



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