



You asked for it, now it's here! Train like a Champ Are you ready?

Build Strength, Confidence, Conditioning, and Skill

- ✔ Learn from USA Olympic Boxing Coach Adonis Frazier and former Welterweight Boxing Champion Jamal "Shango" James
- ✔ Mondays, Wednesdays, and Fridays 6:00AM Class and 11:00AM Class
- ✔ Open gym available Monday - Friday 3PM-8PM

**"Train like a Champ"
Membership
at Circle of Discipline**

Contact us!



Call Our Number
612-721-1549



Join online by scanning
the QR Code



**Mondays,
Wednesdays, and
Fridays
6AM and 11AM**