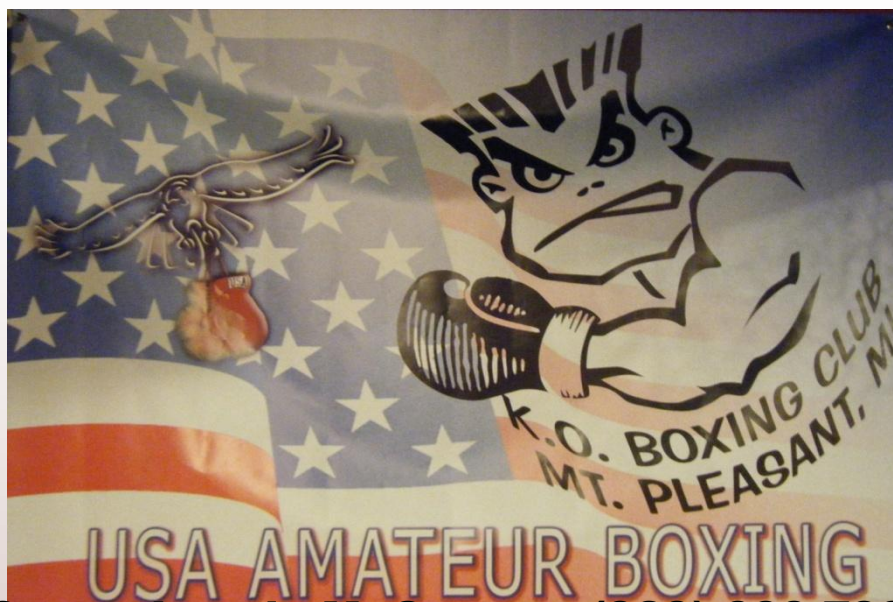


K.O. Boxing Schedule



Owner Lonnie McQueen – (989) 600-7994

Morning Practice

Coach Lonnie McQueen
Phone: (989) 600-7994

- Monday 7:00am-10:am
- Tuesday 7:00am-10:00am
- Wednesday 7:00am-10:00am
- Thursday 7:00am-10:00am
- Friday 7:00am-10:00am
- Saturday 8:00am-11:00am

Night Practice

Coach Fernando Martinez
Phone: (989) 560-6064

- Tuesday: 7:00pm-9:30pm
 - Thursday: 7:00pm-9:30pm
 - Friday: 6:30 – 9:00 pm
- Coach Emanuel Solito, CPT
Phone: (810)338-6777
Solito.Emanuele@gmail.com

***“Get hit once
slip the rest”***