



Gerry Cooney Boxing Club at YETI MMA

2507 Route 22 West, Scotch Plains, NJ 07076

908-858-5558 / info@yetimma.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am - 12:30 pm	7:30 am - 12:30 pm	7:30 am - 12:30 pm		7:30 am - 12:30 pm	8:00 - 10:00 am	10:00 am - 12:00 pm
Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own		Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own
9:00 - 10:00 am		9:00 - 10:00 am		9:00 - 10:00 am	9:00 - 10:00 am	
Adult - Cardio Boxing Trainer: Maria Rodriguez		Adult - Cardio Boxing Trainer: Maria Rodriguez		Adult - Boxing Trainer: Gerry Cooney	Adult - Boxing Trainer: Gene Distel	
4:00 - 8:00 pm	4:00 - 8:00 pm	4:00 - 8:00 pm	4:00 - 8:00 pm	4:00 - 8:00 pm		
Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own	Open Gym Train-on-Your-Own		
5:30 - 6:30 pm		5:30 - 6:30 pm		5:30 - 6:30 pm		
Kids Boxing Trainer: Sarah Cooney		Kids Boxing Trainer: Gerry Cooney		Kids Boxing Trainer: Sarah Cooney		
7:00 - 8:00 pm	7:00 - 8:00 pm	7:00 - 8:00 pm	7:00 - 8:00 pm	7:00 - 8:00 pm		
Adult - Boxing Trainer: Tony Santana	Adult - Boxing Trainer: Tony Santana	Adult - Boxing Trainer: Gerry Cooney	Adult - Boxing Trainer: Gerry Cooney / Tony Santana	Adult - Boxing Trainer: Gene Distel		