



MANAGE YOUR BUSINESS

The Boxing Studio Operator's Daily Playbook

A day in the life of a well-run boxing studio, from the morning bag setup to the class throughput that fills the floor to the report that runs tomorrow's open.

INTRODUCTION

The first hour decides most of the day.

If the bags are inspected, the round timer is set, the class roster is pulled, and the music is dialed in before the first member walks in, the morning class lands. If any of those slip, the rest of the day chases the morning.

This is a day-in-the-life for the single-site boxing studio operator. It is built for owners who coach, manage, and sometimes still run the front desk. The shape is the same whether you run a class-based bag-round program, a ring-boxing club, or a hybrid that opens the floor between coached sessions.

The point is not a script you have to follow word for word. The point is to show what a repeatable boxing operating day looks like, and where the platform can carry the parts you should not still be carrying yourself.

ABOUT ABC GLOFOX

ABC Glofox is the studio platform inside ABC Fitness Solutions. ABC Fitness has been in the fitness software market for more than 40 years, and ABC Glofox launched in 2014, purpose-built for studios. The capabilities described in this guide sit inside the ABC Glofox product.

01

The Operating Day / Morning

Bag setup, opening, and the first class.

Boxing studios open quieter than most fitness businesses. The 6 a.m. regular knows the format and does not need help, so a coach can lose 15 minutes of setup time without realizing it. That is the trap. The morning sequence that holds up across well-run studios looks like this.



- 1 **Open and walk the room.** Lights, ventilation, and climate, with a 64 to 68 degree Fahrenheit (18 to 20 degree Celsius) target on the floor for class-based bag work. Then the bag walk: every heavy bag, speed bag, and double-end bag checked, with any split seam, exposed chain, or loose mount tagged out and logged before a member touches it.
- 2 **Bring the front of house online.** Card reader, member-app check-in, and the day's schedule on the lobby screen. The first-class roster is pulled on the staff app so the coach already knows who is coming.
- 3 **Run the class itself.** Round timer set to the published format. First-timers greeted by name. Any medical flag captured at intake travels with the roster, not on a sticky note.

Notice what is not in that sequence: improvisation. Members who have a good first class come back. Members who walk into a half-set-up room form a quieter opinion that takes weeks to reverse.

PRODUCT CAPABILITY

ABC Glofox class scheduling is built around fixed-time formats with capacity, waitlists, and automated reminders. When a member cancels in the morning, the waitlist auto-fills the slot.

02

The Operating Day / Midday

Throughput and the bag-round economy.

Midday is where a boxing studio earns most of its operating value: two or three classes in a row, walk-ins, intro-pack holders on their second or third session, and the coach moving from one format to the next. The constraint is throughput. Class-based boxing depends on filling fixed-time bag rounds, and empty bags both lose revenue and drain the energy that makes the format work.



- **Waitlists matter more than walk-ins.** Walk-ins are unpredictable. A waitlist that auto-fills when a member cancels is a quiet revenue engine that runs without a staff member intervening.
- **Publish your policies where members actually look.** Late-cancel and no-show rules on the booking confirmation, in the app, and on the home page make a policy. One buried in a six-month-old email is a complaint waiting to happen.
- **Hybrid open-gym blocks need a duty coach.** The studios that run open gym safely and profitably are the ones where a coach makes a 20-minute floor walk, every block, every day.

ABC Glofox is so systematic it makes my life much easier. Right now, I'm focused on doubling down on growth. With ABC Glofox, I'll be able to **double the income without doubling the work.**

James Murphy · Founder, BeatBox Boxing Club

03

The Operating Day / Afternoon

Admin, follow-up, and trial-to-member conversion.

The early afternoon is the natural admin window. The morning rush is over, the evening classes have not started, and the floor is quieter. This is where the trial-to-member conversion gap gets closed, and the pattern that works looks like this.



- 1 Pull the list of trial-pack holders from the past 7 to 14 days.
- 2 Check who has booked their next session and who has not.
- 3 Send a personal message, not the automated one, to the members on the edge: someone who came twice, loved it, and then went quiet for nine days.
- 4 Confirm the automated trial-to-member journey is firing the right reminders. A journey that quietly stopped firing two months ago is the most common silent leak in a boxing studio's funnel.

Afternoon is also when the front desk reconciles the morning's point-of-sale (POS) and tags the follow-ups that need a phone call rather than a message. A studio's retail line of gloves, wraps, water, and branded apparel is a small but reliable contributor to monthly revenue when it is categorized properly, and invisible when everything is logged as miscellaneous.

PRODUCT CAPABILITY

ABC Glofox customer relationship management (CRM) and Sales tools cover lead capture, status-based workflows, and segmented audiences for trial-to-member nurture. The marketing automation layered on top can run the trial, lead, and renewal journeys without a separate email tool.

04

The Operating Day / Evening

The close, and the report that runs tomorrow.

Evening is usually the busiest block. The owner's job is not to run every class. It is to be available for the post-class moments that matter, and to make sure the day closes the way it opened, deliberately.



- 1 Last-class shutdown.** Bags wiped. Rental gloves into the cleaning queue, sprayed and air-dried, never racked damp. Floors mopped, bathrooms reset, round timer back to default.
- 2 Front-of-house close.** Cash count where applicable, signed and dated. Card reader and member-app check-in confirmed online for the next morning's open.
- 3 Day-end report.** One end-of-day view: classes run, attendance against capacity, revenue collected, payment failures retried, and at-risk members surfaced.

That last step is the leverage point. With a daily report, the next morning starts with a 90-second read and a clear next action. Without one, the owner spends it relearning what happened the night before.

PRODUCT CAPABILITY

ABC Glofox reporting covers revenue, attendance, retention, and at-risk member views, with a daily performance dashboard rather than a manual export.

THE TAKEAWAY

How ABC Glofox makes the day repeatable.

Three patterns make a boxing studio's operating day repeatable instead of reactive. Each one matches a part of ABC Glofox a coach-owner uses every day.

- 1 Bag-round-friendly scheduling.** Class scheduling matches how class-based and ring-boxing studios run, with capacity, waitlists, late-cancel and no-show rules, and reminders across email, short message service (SMS), and push. Empty slots fill themselves, and members do not have to be chased.
- 2 Integrated payments.** Recurring memberships on autopay, automated retries on failed payments, and a single payouts report that reconciles to the bank deposit. Payment leakage is the most fixable revenue problem in a single-site studio, and it is solved at the platform level, not per transaction.
- 3 A branded member app and one connected report.** Members book, pay, and check in through an app that carries the studio's brand, not a generic third party. The owner sees attendance, revenue, retention, and the at-risk list in one place, on a daily dashboard.

THE BOTTOM LINE

This is the difference between an operating day that runs the studio and an operating day the studio runs around. It is the difference an owner feels by month two: less time on admin, more time on the floor.



YOUR NEXT STEP

Try it on your studio's schedule.

If your day looks anything like the one in this guide, the question is not whether to change everything tomorrow. It is where the leak is today, and what two weeks of clean reporting would tell you.

Book a 20-minute walkthrough with the ABC Glofox boxing team. Rather than a generic demo deck, we build it on your studio's format, so you leave with three things set up and ready to use.

- A sample bag-round schedule with capacity, waitlists, and late-cancel rules on your class formats.
- A sample membership on autopay, with automated retries on failed payments.
- A sample at-risk view and daily dashboard, so you see attendance, revenue, and retention in one place.

Book a Demo →