

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	Fitness & Technique		Fitness & Technique		Fitness & Technique	
8.00am						
	Mornings and Evenings available for Private Training with a qualified Boxing Coach & Conditioner					
9.00am						
10.00am	Fitness & Technique	Fitness & Technique	Fitness & Technique	Fitness & Technique	Fitness & Technique	Fitness & Technique
11.00am						
12.00pm	closed					
2.30pm						
4.00pm	Juniors 5 - 12yrs		Juniors 5 - 12yrs		Juniors 5 - 12yrs	
4.30pm		Fitness & Technique		Fitness & Technique		
5.30pm						
6.00pm	Starter class - Basics	Fitness & Technique	Starter class - Basics	Fitness & Technique	Fitness & Technique	
	Also at 6pm		Also at 6pm			
	Advanced Boxing technique		Advanced Boxing technique			
7.30pm	Fitness & Technique	Fitness & Technique	Fitness & Technique	Fitness & Technique		
8.30pm						
9.00pm						
		*****	CLASS TIMES ARE SUBJECT TO CHANGE		*****PENDING NUMBERS	