

Day Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00	Boxing		Boxing		Boxing		
8.00 - 9.00	Personal & Self Training		Personal & Self Training	Personal & Self Training	Personal & Self Training	Beach Boxing**	
9.00 - 10.00			Personal & Self Training			Boxing	Muay Thai
10.15 - 11.15		Ladies Boxing	Ladies Boxing	Kids Boxing	Boxing		
11.15 - 12.15				Boxing / Sparring*	Boxing		
12.30 - 13.30		Boxing	Boxing	Boxing	Boxing	<b>Closed</b>	<b>Closed</b>
13.30 - 14.00	Personal & Self Training	Personal & Self Training	Personal & Self Training	Personal & Self Training			
14.00 - 15.00							
15.00 - 16.00			Kids Boxing				
16.00 - 17.00							
17.00 - 18.00	Boxing	Boxing	Boxing	Boxing			
18.00 - 19.00	Boxing	Boxing	Boxing	Boxing			
19.15 - 20.15	Boxing	Boxing	Boxing	Boxing			
20.15 - 21.15	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai		

\*Sparring sessions are voluntary, members who do not wish to take part may still attend the boxing lesson as per normal

\*\* In the event of bad weather, the class will be held at the gym

All classes are mixed and suitable for beginners unless stated otherwise

