

September 2018

<i>Timing - Day</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	
7.00 - 8.00	Boxing	Closed	Boxing	Closed	Boxing	Open 8.45am	Open 8.45am	
8.00 - 9.00	Personal & Self Training		Personal & Self Training		Personal & Self Training			Personal & Self Training
9.00 - 10.00								
10:15 - 11:15						Kids Boxing	Kids Boxing	
11.15 - 12.15						Boxing	Boxing	
12.30 - 13.30	Boxing	Boxing	Boxing	Boxing	Boxing	Closed	Closed	
13.30 - 14.30	Personal & Self Training	Personal & Self Training	Personal & Self Training	Personal & Self Training	Personal & Self Training			
14.30 - 15.00								
15.00 - 16.00								
16.00 - 17.00								
16:30-17:30	Strength & Conditioning		Strength & Conditioning					
17.30 - 18.30	Boxing	Boxing	Boxing	Boxing	Boxing			
18:30 -19:30	Boxing	Boxing	Boxing	Boxing	Boxing			
19:45 - 20:45	Boxing	Muay Thai	Boxing	Muay Thai	Fight Team Training			
20.45 - 21.45	Closed	Closed	Closed	Closed	Closed			



Schedule commence on 20th August 2018.
Classes may be subjected to last minute changes - all members will be notified as soon as possible.