

## WEEKLY SCHEDULE

<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	<b>Boxing</b>	<b>Open 12.15pm</b>	<b>Boxing</b>	<b>Open 12.15pm</b>	<b>Boxing</b>	<b>Open 8.45am</b>	
8.00 - 9.00	<b>Personal &amp; Self Training</b>		<b>Personal &amp; Self Training</b>		<b>Personal &amp; Self Training</b>		
9.00 - 10.00						<b>Kids Boxing</b>	<b>Kids Boxing</b>
10:15 - 11:15						<b>Boxing</b>	<b>Boxing</b>
11.15 - 12.15							
12.30 - 13.30	<b>Boxing</b>	<b>Intensive</b>	<b>Boxing</b>	<b>Intensive</b>	<b>Boxing</b>	<b>Close 12.30pm</b>	
13.30 - 14.30	<b>Personal &amp; Self Training</b>	<b>Personal &amp; Self Training</b>	<b>Personal &amp; Self Training</b>	<b>Personal &amp; Self Training</b>			
14.30 - 15.00							
15.00 - 16.00							
16.00 - 17.00							
16:30-17:30	<b>Strength &amp; Conditioning</b>	<b>Close for corporate class</b>	<b>Strength &amp; Conditioning</b>				
17.30 - 18.30	<b>Boxing</b>	<b>Boxing</b>	<b>Boxing</b>	<b>Boxing</b>	<b>Boxing</b>		
18:30 - 19:30	<b>Boxing</b>	<b>Boxing</b>	<b>Boxing</b>	<b>Boxing</b>	<b>Boxing</b>		
19:45 - 20:45	<b>Basic Boxing</b>	<b>Muay Thai</b>	<b>Basic Boxing</b>	<b>Muay Thai</b>	<b>Close 8pm</b>		
20.45 - 21.45	<b>Close 9pm</b>						



Kids Boxing - Great for ages 5 through 11.

Basic Boxing - For the new boxers, this class focuses on the fundamentals.

intensive - Perfect for those who box to sweat - this class serves to improve your overall strength and endurance.

Classes may be subjected to last minute changes - all members will be notified as soon as possible.

Self-training is not allowed during corporate and regular class times.