

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	Boxing	Open 12.15pm	Boxing	Open 12.15pm	Boxing	Open 8.45am	
8.00 - 9.00	Personal & Self Training		Personal & Self Training		8:15am Ladies Boxing		
9.00 - 10.00					Boxing	Boxing	
10:15 - 11:15					Kids Boxing	Kids Boxing	
11.15 - 12.15					Boxing	Boxing	
12.30 - 13.30	Boxing	Boxing	Boxing	Strength & Conditioning	Boxing	Close 12.30pm	
13.30 - 14.30	Personal & Self Training	Personal & Self Training	Personal & Self Training	Personal & Self Training			
14.30 - 15.00							
15.00 - 16.00							
16.00 - 17.00					Close for corporate class		
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	Basic Boxing	Muay Thai	Basic Boxing	Muay Thai	Close 7:30pm		
20.45 - 21.45	Close 9pm						

Kids Boxing - Great for ages 5 through 11.

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

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.



Updated 19 November 2018