

Timing - Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5-Nov-18	6-Nov-18	7-Nov-18	8-Nov-18	9-Nov-18	10-Nov-18	11-Nov-18	
<i>Deepavali We will be open 3 hrs Boxing Classes on the 6 Nov 2018 - Tuesday</i>								
7.00 - 8.00	Boxing		Boxing	Closed	Boxing	Open at 8:30am	Open at 8:30am	
9.00 - 10.00	Personal & Self Training	Boxing	Personal & Self Training	Personal & Self Training	Personal & Self Training	Kids / Beginners Boxing	Boxing	
9:30-10:30				Ladies Boxing				
10:15 - 11:15		Boxing		Personal & Self Training		Kids / Advanced Boxing	Kids Boxing	
11.15 - 12.15		Boxing		Personal & Self Training		Boxing / Basic Beginners	Boxing / Basic Beginners	
12.30 -13.30		Boxing		Self Training		Boxing	Boxing	Muay Thai / Beginners
13.30 - 15:00	Personal & Self Training	<i>Closed at 2pm Happy Deepavali</i>	Personal & Self Training	Personal & Self Training	Personal & Self Training	Intensive Boxing Training With Strength & Conditioning	Closed	
15.00 - 16.00				Personal & Self Training				
16.00 - 17.00						Kids Boxing		
16:30-17:30				Strength & Conditioning				Fight Team Training
17.30 - 18.30				Boxing		Boxing		Boxing
18:30 -19:30	Boxing	Boxing	Boxing / Basic Beginners	Boxing	Closed			
19:45 - 20:45	Muay Thai / Beginners	Muay Thai / Beginners	Boxing / Basic Beginners	Boxing & Muay Thai				
20.45 - 21.45	Boxing	Boxing	Boxing / Sparring					
21:00 - 23:00	Closed 10pm		Closed 10pm	Fight Team Training				

*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

Regular opening hours:

Mon, Wed, = 7am - 10.00pm

Tues, Thurs = 9am - 10.00pm

Sat = 8:30am - 6:00pm , Sun = 8:30am - 2:30pm

Fri= 7am - 8:45pm

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

