

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM OPEN 6:55 AM	GYM OPEN 8:30AM	GYM OPEN 6:55AM	GYM OPEN 8:30AM	GYM OPEN 6:55AM	GYM OPEN 8:30AM	GYM OPEN 8:30AM
Intermediate Boxing 7:00AM- 8:00AM		Intermediate Boxing 7:00AM- 8:00AM		Intermediate Boxing 7:00AM- 8:00AM		
Personal & Self Training 8:00AM -12:00PM		Ladies Boxing 9:30AM-10:30AM		Personal & Self Training 8:00AM -12:00PM		
	Personal & Self Training 10:30AM TO 12:00PM	Personal & Self Training 10:30AM - 12:00PM	Kids / Advanced Boxing 10:15AM - 11:15AM		Kids- Boxing 10:15AM - 11:15AM	
Intermediate Boxing 12:30PM-13:30PM	Intermediate Boxing 12:30PM-13:30PM	Intermediate Boxing 12:30PM-13:30PM	Intermediate Boxing 12:30PM-13:30PM	Intermediate Boxing 12:30PM-13:30PM	Basic Boxing 11:15AM- 12:15PM	Basic Boxing 11:15AM- 12:15PM
					Muay Thai / Beginners 12:30PM - 13:30PM	Intermediate Boxing 12:30PM-13:30PM
Personal & Self Training 13:45PM TO 17:00PM	Personal & Self Training 13:45PM - 15:45PM	Personal & Self Training 13:45PM - 16:00PM	Personal & Self Training 13:45PM - 15:45PM	Personal & Self Training 13:45PM TO 17:00PM	Intensive Boxing Training & Strength and Conditioning 13:30PM-15:00PM	Personal & Self Training 13:45PM TO 17:00PM
	Kids Boxing 16:00PM - 17:00PM				Strength And Conditioning 16:30PM - 17:30PM	
Intermediate Boxing 17:30PM-18:30PM	Intermediate Boxing 17:30PM-18:30PM	Intermediate Boxing 17:30PM-18:30PM	Intermediate Boxing 17:30PM-18:30PM	Intermediate Boxing 17:30PM-18:30PM	CLOSED 14:30PM	CLOSED 15:00PM
Basic Boxing 18:30PM- 19:30PM	Intermediate Boxing 18:30PM-19:30PM	Basic Boxing 18:30PM- 19:30PM	Intermediate Boxing 18:30PM-19:30PM	Basic Boxing 18:30PM- 19:30PM		
Muay Thai /Beginners 19:45PM-20:45PM	Basic Boxing 19:45PM- 20:45PM	Muay Thai / Beginners 19:45PM-20:45PM	Basic Boxing 19:45PM- 20:45PM	Muay Thai / Beginners 19:45PM-20:45PM		
	Advance Boxing Sparring 20:45PM-21:45PM	Fight Team (Only for Fighter's) 20:00PM -21:30PM	Advance Boxing Sparring 20:45PM-21:45PM	Intermediate Boxing 20:45PM-21:45PM		
Intermediate Boxing 20:45PM-21:45PM	Fight Team Boxing Sparring 21:00PM-22:00PM		Fight Team Boxing Sparring 21:00PM-22:00PM	CLOSED 21:30PM		
CLOSED 22:30PM	CLOSED 22:30PM	CLOSED 22:30PM	CLOSED 22:30PM			



Mon, Wed, = 7am - 10.30pm

*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:

Tues, Thurs = 9am - 10.30pm

Sat = 8:30am - 15:00pm , Sun = 8:30am - 2:30pm

Fri= 7am - 9:30pm

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