

**Balestier Timetable effective March 2020**

Timing - Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00	Partner Padworks		Basic Boxing		Intermediate Boxing		
8.00 - 9.00						Basic Boxing	Partner Padworks
9.00 - 10.00						Basic Boxing	Big Kids Boxing 10 to 15 years old
10:15 - 11:15						Little Kids Boxing 4 to 9 years old	Little Kids Boxing 4 to 9 years old
11.15 - 12.30	CIRCUIT OF THE WEEK		CIRCUIT OF THE WEEK		CIRCUIT OF THE WEEK	Intermediate Boxing	Intermediate Boxing
12.30 -13.30	Basic Boxing	Intermediate Boxing	Intermediate Boxing	Basic Boxing	Partner Padworks	Close 1 pm	Close 1 pm
13.30 - 14.30							
14.30 - 15.00							
15.00 - 16.00				CIRCUIT OF THE WEEK			
16.00 - 17.00				CCA			
16.30-17:30	CIRCUIT OF THE WEEK	CIRCUIT OF THE WEEK	Big Kids Boxing10 to 15 years old	CIRCUIT OF THE WEEK	CIRCUIT OF THE WEEK		
17.30 - 18.30	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Intermediate Boxing	Basic Boxing		
18.30 -19:30	Basic Boxing	Intermediate Boxing	Ladies Boxing	Partner Padworks	Intermediate Boxing		
19:45 - 20:45	Ladies Boxing	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Intermediate Boxing		
20.45 - 21.45	Intermediate Boxing	Sparring	Partner Padworks	Basic Boxing	Sparring		
2200	Closes 10 pm						



Highlighted times are group classes with a coach.

First-timers in boxing are required to attend Basic Boxing.

Little Kids Boxing are great for ages 4 through 9 and the Big Kid's Boxing is recommended for ages 10-15

No entry to classes for latecomers exceeding 10 minutes.

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