Downtown East Timetable Effective Sep 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM OPEN 9:00AM						
Intermediate Boxing 09:00AM - 09:45 AM	Basic Boxing 9:00AM - 09:45AM	Intermediate Boxing 09:00AM - 09:45 AM	Basic Boxing 9:00AM - 9:45AM	Intermediate Boxing 09:00AM - 09:45 AM	Intermediate Boxing 09:00AM - 09:45AM	Basic Boxing 09:00AM - 09:45AM
Basic Boxing 10:00AM - 10:45AM	Intermediate Boxing 10:00AM - 10:45AM	Basic Boxing 10:00AM - 10:45AM	Intermediate Boxing 10:00AM - 10:45AM	Basic Boxing 10:00AM - 10:45AM	VIRTUAL BOXING CLASS 09:00AM - 09:45AM	
					Basic Boxing 10:00AM - 10:45AM	Intermediate Boxing 10:00AM - 10:45AM
C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	VIRTUAL BOXING CLASS 11:00AM - 11:45AM	
Basic Boxing 12:00PM - 12:45PM	Intermediate Boxing 12:00PM - 12:45PM	Basic Boxing 12:00PM - 12:45PM	Intermediate Boxing 12:00PM - 12:45PM	Basic Boxing 12:00PM - 12:45PM	Kids Class 11:00AM -11:45AM	Kids Class 11:00AM -11:45AM
Intermediate Boxing 13:00PM - 13:45PM	Basic Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM	Basic Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM	Intermediate Boxing 12:00PM - 12:45PM	Basic Boxing 12:00PM - 12:45PM
CLOSED 14:00PM- 16:30PM					Basic Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM
					CLOSED 14:00PM - 15:00PM	
					Family Boxing 15:00PM -15:45PM	Boxing Fitness 15:00PM - 15:45PM
Intermediate Boxing 16:30PM-17:15PM	Kids Class 16:30PM -17:15PM	Kids Class 16:30PM -17:15PM	Kids Class 16:30PM -17:15PM	Intermediate Boxing 16:30PM-17:15PM	Basic Boxing 16:00PM - 16:45PM	Intermediate Boxing 16:00PM - 16:45PM
Basic Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM	Basic Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM	Basic Boxing 17:30PM - 18:15PM	CLOSED 17:00PM	CLOSED 17:00PM
Virtual Boxing Class 17:30PM - 18:15PM						
(a) Intermediate Boxing (b) Outdoor Conditioning 18:30PM - 19:15PM	(a) Basic Boxing (b) Outdoor Conditioning 18:30PM - 19:15PM	(a) Intermediate Boxing (b) Outdoor Conditioning 18:30PM - 19:15PM	(a) Basic Boxing (b) Outdoor Conditioning 18:30PM - 19:15PM	(a) Intermediate Boxing (b) Outdoor Conditioning 18:30PM - 19:15PM		
Virtual Boxing Class 18:30PM - 19:15PM						
Basic Boxing 19:30PM - 20:15PM	Boxing Fitness 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM	Boxing Fitness 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM		
Intermediate Boxing 20:30PM-21:15PM	C.O.W / Open Gym 20:30PM - 22:00PM	Boxing Fitness 20:30PM - 21:15PM	C.O.W / Open Gym 20:30PM - 22:00PM	Intermediate Boxing 20:30PM-21:15PM		
C.O.W / Open Gym 21:15PM - 22:00PM		C.O.W / Open Gym 21:15PM - 22:00PM		C.O.W / Open Gym 21:15PM - 22:00PM		
CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM		