

Strangely Gardens Timetable Effective:

20 October 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00am							
7:00 - 8:00am	Boxing (All Levels) 7:15-8:00 (F)	Boxing (All Levels) 7:15-8:00	Boxing (All Levels) 7:15-8:00	Boxing (All Levels) 7:15-8:00	Boxing (All Levels) 7:15-8:00	4-7 Yr Oldboxing 8:00 - 8:30	
8:00 - 9:00am	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Kids & Youth Boxing 8:30 - 9:15	Boxing (All Levels) 8:30 - 9:15
9:00 - 10:00am		Strength and Conditioning 09:15 - 10:00		Strength and Conditioning 09:15 - 10:00			
		Open Gym and Personal Workout		Open Gym and Personal Workout		Boxing (All Levels) 9:30 - 10:15	Boxing (Basic) 9:30 - 10:15
10:00 - 11:00am		Open Gym and Personal Workout		Open Gym and Personal Workout			
		Open Gym and Personal Workout		Open Gym and Personal Workout		Boxing (Basic) 10:30 - 11:15	Boxing (All Levels) 10:30 - 11:15
11:00 - 12:00pm		Open Gym and Personal Workout		Open Gym and Personal Workout		Boxing (All Levels) 11:30 - 12:15	Boxing (All Levels) 11:30 - 12:15
12:00 - 1:00pm	Boxing (All Levels) 12:30--13:15	Boxing (All Levels) 12:30--13:15	Boxing (All Levels) 12:30--13:15	Boxing (All Levels) 12:30--13:15	Boxing (All Levels) 12:30--13:15	Boxing (Intermediate) 12:30 - 13:15	Boxing (Basic) 12:30 - 13:15
1:00 - 2:00pm	Boxing (All Levels) 13:30--14:15	Luchtime Sweat 13:30 - 14:15	Boxing (All Levels) 13:30--14:15	Luchtime Sweat 13:30 - 14:15	Boxing (All Levels) 13:30--14:15	Boxing (All Levels) 13:30 - 14:15	Boxing (Intermediate) 13:30 - 14:15
2:00 - 3:00pm	Open Gym and Personal Workout	Open Gym and Personal Workout	Open Gym and Personal Workout	Open Gym and Personal Workout	Open Gym and Personal Workout		
	Open Gym and Personal Workout	Open Gym and Personal Workout	Open Gym and Personal Workout	Open Gym and Personal Workout	Open Gym and Personal Workout	Advanced Boxing 14:30 - 15:15	Boxing (All Levels) 14:30 - 15:15
3:00 - 4:00pm						FIGHT TEAM INVITE ONLY 15:30 - 16:15	
	Kids 4-7 Boxing 16:00 - 17:15		Kids 4-7 Boxing 16:00 - 17:15				
4:00 - 5:00pm	Kids & Youth Boxing 16:30 - 17:15	Strength and Conditioning 16:30 - 17:15	Kids & Youth Boxing 16:30 - 17:15	Boxing Fitness 16:30 -17:15	Conditioning 16:30 - 17:15		
5:00 - 6:00pm	Boxing Fitness 17:30 -18:15	Boxing (Basic) 17:30 - 18:15	Boxing (All Levels) 17:30 - 18:15	Boxing (Basic) 17:30 - 18:15	Boxing (Basic) 17:30 - 18:15		
6:00 - 7:00pm	Boxing (All Levels) 18:30 - 19:15	Boxing (All Levels) 18:30 - 19:15	Boxing Fitness 18:30 -19:15	Boxing (All Levels) 18:30 - 19:15	Boxing Fitness 18:30 -19:15		
7:00 - 8:00pm	Boxing (Basic) 19:30 - 20:15	Boxing (Basic) 19:30 - 20:15	Boxing (All Levels) 19:30 - 20:15	Boxing (All Levels) 19:30 - 20:15	Boxing (All Levels) 19:30 - 20:15		
8:00 - 9:00pm	Boxing Fitness 20:30 -21:15	Boxing (All Levels) 20:30 - 21:15	Boxing (Basic) 20:30 - 21:15	Boxing (All Levels) 20:30 - 21:15	Boxing (All Levels) 20:30 - 21:15		
9:00 - 10:00pm	Boxing (Intermediate) 21:30 - 22:15	Advanced Boxing 21:30 - 22:15	Strength and Conditioning 21:30 - 22:15	Advanced Boxing 21:30 - 22:15			
10:00 - 11:00pm	Gym Close 22:30						