

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
	Opening	Opening	Opening	Opening	Opening			
7:00-7:45	HIIT boxing	Basic	HIIT boxing	Basic	HIIT boxing			
8:00-8:45	Basic	HIIT boxing	Advanced	HIIT boxing	Advanced	8:00-8:45	Opening	Opening
9:00-9:45	Open gym	Open gym	Open gym	Open gym	Open gym	9:00-9:45	Kids	Kids
10:00-10:45	Open gym	Open gym	Open gym	Open gym	Open gym	10:00-10:45	Basic	HIIT Boxing
11:00-11:45	Sanitation	Sanitation	Sanitation	Sanitation	Sanitation	11:00-11:45	HIIT Boxing	Basic
12:00-12:45	All levels	Basic	All levels	Basic	All levels	12:00-12:30	Lunch	Lunch
1:00-1:45	HIIT boxing	All levels	HIIT boxing	All levels	HIIT boxing	12:45-1:30	All levels	Advanced
2:00-2:45	Open gym	Open gym	Open gym	Open gym	Open gym	1:45-2:30	Basic	Basic
3:00-3:45	Open gym	Open gym	Open gym	Open gym	Open gym	2:45-3:30	Advanced	All levels
4:00-4:30	Sanitation	Sanitation	Sanitation	Sanitation	Sanitation		Closing	Closing
4:30-5:15	Kids	Kids	Kids	Kids	Kids			
5:30-6:15	Basic/Online	All levels/Online	Basic/Online	All levels/Online	Basic/Online			
6:30-7:15	HIIT boxing	Advanced	HIIT boxing	Advanced	HIIT boxing			
7:30-8:15	Basic	Basic	Basic	Basic	Basic			
8:30-9:15	Advanced	HIIT boxing	Advanced	HIIT boxing	Advanced			
	Closing	Closing	Closing	Closing	Closing			
	*note that each class is in 45 mins blocks							