

TIMETABLE AS OF JANUARY 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
|---|---|---|---|--|--|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| | | Intermediate Boxing (7:00 - 7:45am) | | | | | | | |
| Intermediate Boxing (8:00 - 8:45am) | Closed | Open Gym | Closed | Intermediate Boxing (8:00 - 8:45am) | Basic Boxing (8:00 - 8:45am) | Basic Boxing (8:00 - 8:45am) | | | |
| Open Gym | | | | Intermediate Online | Intermediate Online | | | | |
| | | | | All Levels (9:00 - 9:45am) | All Levels (9:00 - 9:45am) | | | | |
| | | | | Small Kids Boxing 4 to 7 years old (10:00 - 10:45am) | Small Kids Boxing 4 to 7 years old (10:00 - 10:45am) | | | | |
| | | | | Big Kids Boxing 8 to 15 years old (11:00 - 11:45am) | Big Kids Boxing 8 to 15 years old (11:00 - 11:45am) | | | | |
| | | | | Intermediate Boxing (12:00-12:45pm) | Intermediate Boxing (12:00-12:45pm) | | | | |
| | | | | Intermediate Online | Intermediate Online | | | | |
| Basic Boxing (12:30 - 1:15pm) | | | | Intermediate Boxing (12:30 - 1:15pm) | Basic Boxing (12:30 - 1:15pm) | Intermediate Boxing (12:30 - 1:15pm) | Basic Boxing (12:30 - 1:15pm) | Intermediate Boxing (1:00 - 1:45pm) | Intermediate Boxing (1:00 - 1:45pm) |
| Intermediate Boxing (1:30 - 2:15pm) | | | | Basic Boxing (1:30 - 2:15pm) | Intermediate Boxing (1:30 - 2:15pm) | Basic Boxing (1:30 - 2:15pm) | Intermediate Boxing (1:30 - 2:15pm) | Closes 2:00 pm | |
| Open Gym | | | | Open Gym | Open Gym | Open Gym | Open Gym | | |
| Big Kids Boxing 8 to 15 years old (4:30 - 5:15pm) | Big Kids Boxing 8 to 15 years old (4:30 - 5:15pm) | Big Kids Boxing 8 to 15 years old (4:30 - 5:15pm) | Big Kids Boxing 8 to 15 years old (4:30 - 5:15pm) | | | | | | |
| Basic Boxing (5:30 - 6:15pm) | Intermediate Boxing (5:30 - 6:15pm) | All Levels (5:30 - 6:15pm) | Intermediate Boxing (5:30 - 6:15pm) | Basic Boxing (5:30 - 6:15pm) | | | | | |
| Intermediate Online | Intermediate Online | Intermediate Online | Intermediate Online | Intermediate Online | | | | | |
| Intermediate Boxing (6:30 - 7:15pm) | All Levels (6:30 - 7:15pm) | Intermediate Boxing (6:30 - 7:15pm) | Basic Boxing (6:30 - 7:15pm) | Intermediate Boxing (6:30 - 7:15pm) | | | | | |
| Intermediate Online | Intermediate Online | Intermediate Online | Intermediate Online | Intermediate Online | | | | | |
| All Levels (7:30 - 8:15pm) | Intermediate Boxing (7:30 - 8:15pm) | Basic Boxing (7:30 - 8:15pm) | Intermediate Boxing (7:30 - 8:15pm) | Basic Boxing (7:30 - 8:15pm) | | | | | |
| Intermediate Boxing (8:30 - 9:15pm) | Basic Boxing (8:30 - 9:15pm) | Intermediate Boxing (8:30 - 9:15pm) | All Levels (8:30 - 9:15pm) | Sparring (8:30 - 9:15pm) | | | | | |
| Closes 9:30 pm | | | | | | | | | |

Highlighted times are group classes with a coach.

First-timers in boxing are required to attend Trial Class

Classes will only run for 45mins

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.

