

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:45-7:00	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			
9:00-9:45	Closed	Closed	Closed	Closed	Closed	9:00-9:45	Kids	Kids
10:00-10:45	Closed	Closed	Closed	Closed	Closed	10:00-10:45	Basic	HIIT Boxing
11:00-11:45	Closed	Closed	Closed	Closed	Closed	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/Trials	Basic/Trials
3:00-3:45	Open gym	Open gym	Open gym	Open gym	Open gym	2:45-3:30	Advanced	All levels
4:15-4:30	Closed for sanitation	Closed for sanitation	Closed for sanitation	Closed for sanitation	Closed for sanitation		CLOSE	CLOSE
4:30-5:15	Kids	Kids	Kids	Kids	Kids	5:00-5:45	Basic/Trials	HIIT Boxing/Trials
5:30-6:15	Basic/Trials	All levels/Online	Basic/Trials	All levels/Online	Basic/Trials	6:00-6:45	HIIT Boxing/Trials	Basic/Trials
6:30-7:15	HIIT boxing/Trials	Basic/Trials	HIIT boxing/Trials	Basic/Trials	HIIT boxing/Trials			
7:30-8:15	Outdoor S&C	Outdoor S&C	Outdoor S&C	Outdoor S&C	Outdoor S&C			
	Basic	HIIT boxing	Basic	HIIT boxing	Basic			
8:30-9:15	Advanced	Basic	Advanced + Sparring	Basic	Sparring			
	*classes in white are those with slots reserved for trials (2 trials:12 members)							