

TIMETABLE AS OF MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Intermediate Boxing (7:00 - 8:45am)	Closed	Intermediate Boxing (7:00 - 7:45am)	Closed	Intermediate Boxing (7:00 - 7:45am)				
Open Gym						Basic Boxing (8:00 - 8:45am)	Basic Boxing (8:00 - 8:45am)	
						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)	All Levels (10:00 - 10:45am)	
						Big Kids Boxing 8 to 15 years old (11:00 - 11:45am)	All Levels (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				
Kids Boxing (4:30 - 5:15pm)			Kids Boxing (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)	Sparring (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.

