	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Gym Opening : 0700					0		
0730 - 0815	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Gym Open:0800		
0830 - 0915	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	All Levels Boxing	All Levels Boxing	
0930 - 1015	Personal Training and Self-Training					Intermediate Boxing	Intermediate Boxing	
1030 - 1115						Personal Training and Self-Training		
1130 - 1215	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	
1230 - 1315	HIIT	All Levels Boxing	All Levels Boxing	All Levels Boxing	HIIT	Kid's Boxing	Kid's Boxing	
1330 - 1415	All Levels Boxing	Boxing Strength and Conditioning	HIIT	Boxing Strength and Conditioning	All Levels Boxing	Personal Training and Self-Training		
1430 - 1515	Closed for Cleaning							
1530 - 1615						Basic Boxing	Basic Boxing	
1630 - 1715	Basic Boxing	Kid's Boxing	Kid's Boxing	Kid's Boxing	Basic Boxing	Family Boxing	Family Boxing	
1730 - 1815	Intermediate Boxing	нііт	Intermediate Boxing	нііт	Intermediate Boxing	Boxing Strength and Conditioning	Boxing Strength and Conditioning	
1830 - 1915	НІІТ	Basic Boxing	Boxing Strength and Conditioning	Basic Boxing	Boxing Strength and Conditioning	Personal Training & Self- Training		
1930 - 2015	Intermediate Boxing	All Levels Boxing	Basic Boxing	All Levels Boxing	Intermediate Boxing	Intermediate Boxing	Gym Closed : 7pm	
2030 - 2115	Sparring	Sparring Personal Training and Self-Training Sparring				Gym Closed : 2030		
	Gym Closed : 2130					Gym Closed . 2030		
CLASS								
Basic Boxing								
Intermediate Boxing								
All Levels Boxing								
Sparring								
Kid's Boxing								
Family Boxing								
Boxing Strength and Conditioning								
HIIT								
Personal Training & Self-Training								