

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	Gym Opening : 0700					Gym Open:0800			
0730 - 0815	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	All Levels Boxing	All Levels Boxing		
0830 - 0915	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate 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		
1230 - 1315						Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing
1330 - 1415	HIIT	All Levels Boxing	All Levels Boxing	All Levels Boxing	HIIT	Personal Training and Self-Training			
1430 - 1515	Closed for Cleaning							Family Boxing	Family Boxing
1530 - 1615								Basic Boxing	Kid's Boxing
1630 - 1715	Intermediate Boxing	HIIT	Intermediate Boxing	HIIT	Intermediate Boxing	Basic Boxing	Basic Boxing		
1730 - 1815	Boxing Strength and Conditioning	Basic Boxing	Boxing Strength and Conditioning	Basic Boxing	Boxing Strength and Conditioning	Personal Training and Self-Training			
1830 - 1915	Intermediate Boxing	All Levels Boxing	Basic Boxing	All Levels Boxing	Intermediate Boxing				
1930 - 2015	Sparring	Basic Boxing	All Levels Boxing	Basic Boxing	Sparring			gym closed	
2030 - 2115	Gym Closed : 2130								