

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:45-7:00	Opening	Opening	Opening	Opening	Opening			
7:00-7:45	Boxing Fitness	Basic	Boxing Fitness	Basic	Boxing Fitness			
8:00-8:45	Basic	Boxing Fitness	Advanced	Boxing Fitness	Advanced	8:45-9:00	Opening	Opening
9:00-9:45	Closed	Closed	Closed	Closed	Closed	9:00-9:45	Kids (MASKED ON)	Kids (MASKED ON)
10:00-10:45	Closed	Closed	Closed	Closed	Closed	10:00-10:45	Basic	Boxing Fitness
11:00-11:45	Closed	Closed	Closed	Closed	Closed	11:00-11:45	INTRO TO SPARRING	SPARRING CLASS
12:15-13:00	All levels	Basic	All levels	Basic	All levels	12:00-12:30	Lunch	Lunch
1:15-2:00	Boxing Fitness	All levels	Boxing Fitness	All levels	Boxing Fitness	12:45-1:30	All levels	Advanced
2:00-2:45	Closed	Closed	Closed	Closed	Closed	1:45-2:30	Basic	Basic
3:00-3:45	Closed	Closed	Closed	Closed	Closed	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		Closing	Closing
4:30-5:15	Kids (MASKED ON)	Kids (MASKED ON)	Kids (MASKED ON)	Kids (MASKED ON)	Kids (MASKED ON)			
5:30-6:15	Basic	All levels	Basic	All levels	Basic			
6:30-7:15	Boxing Fitness	Basic	Boxing Fitness	Basic	Boxing Fitness			
7:30-8:15	Basic	Boxing Fitness	Basic	Boxing Fitness	Basic			
7:30-8:15	Outdoor Strength & Conditioning		Outdoor Strength & Conditioning		Outdoor Strength & Conditioning			
8:30-9:15	Advanced (Indoor)	Basic	Advanced	Basic	Advanced			
	Closing	Closing	Closing	Closing	Closing			
	*note that each class is in 45 mins blocks							