


ARJAN TIMETABLE - October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels Boxing 7am - 8am	All Levels Boxing 7am-8:00am	All Levels Boxing 7am-8:00am	All Levels Boxing 7am-8:00am	All Levels Boxing 7am-8:00am		
Open Gym 8:00AM-12:00PM	Open Gym 8AM-9:30AM	Open Gym 8:00AM - 12:00PM	Open Gym 8AM-9:30AM	Open Gym 8:00AM-12:00PM	Kids Boxing 9:00AM - 10:00AM	Family Boxing 9:00AM - 10:00AM
	Ladies Boxing 9:30AM - 10:30AM		All Levels Boxing 10:15AM-11:15AM		All Levels Boxing 10:15AM-11:15AM	
	Open Gym 10:45AM-12:00PM		Open Gym 10:45AM-12:00PM		HIIT Boxing 11:30PM - 12:30PM	HIIT Boxing 11:30PM - 12:30PM
All Levels Boxing 12:30PM - 13:30PM	All Levels Boxing 12:30PM - 13:30PM	All Levels Boxing 12:30PM - 13:30PM	All Levels Boxing 12:30PM - 13:30PM	All Levels Boxing 12:30PM - 13:30PM		Sparring Class 12:45PM-1:45PM
Open Gym 1:45PM - 4PM	Open Gym 1:45PM - 5:30PM	Open Gym 1:45PM - 4PM	Open Gym 1:45PM - 5:30PM	Open Gym 1:45PM - 4PM		
Kids Boxing 4PM - 5PM		Kids Boxing 4PM - 5PM		Kids Boxing 4PM - 5PM		
Beginners' Boxing 5:30PM - 6:30PM	Beginners' Boxing 5:30PM - 6:30PM	Beginners' Boxing 5:30PM - 6:30PM	Beginners' Boxing 5:30PM - 6:30PM	Beginners' Boxing 5:30PM - 6:30PM		
All Levels Boxing 6:45PM - 7:45PM	All Levels Boxing 6:45PM - 7:45PM	All Levels Boxing 6:45PM - 7:45PM	All Levels Boxing 6:45PM - 7:45PM	All Levels Boxing 6:45PM - 7:45PM		
HIIT Boxing, 8:00PM - 9:00PM	Intermediate Boxing 8PM - 9PM	HIIT Boxing, 8:00PM - 9:00PM	Intermediate Boxing 7:45PM - 8:45PM	HIIT Boxing, 8:00PM - 9:00PM		
Open Gym 9PM-10PM	Open Gym 9PM-10PM	Open Gym 9PM-10PM	Open Gym 9PM-10PM	Open Gym 9PM-10PM		
 <p>Regular Operating Hours: Sun - Thurs 07:00 AM - 10:00 PM Fri & Sat 09:00 AM - 2:00 PM</p> <p>Classes may be subjected to last minute changes - all members will be notified as soon as possible</p>						
					All Levels Boxing	
					Beginners' Boxing	
					Intermediate Boxing	
					HIIT Boxing	
					Ladies Boxing	
					Kids Boxing	
					Sparring Class	