

Monday	Tuesday	Wednesday	Thursday	Friday
All Levels Boxing 6:45am - 7:45am	All Levels Boxing 6:45AM - 7:45AM	All Levels Boxing 6:45am-7:45am	All Levels Boxing 6:45am-7:45am	All Levels Boxing 6:45am-7:45am
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Ladies' Boxing 9:30am-10:30am		Ladies' Boxing 9:30am-10:30am	
	Open Gym		Open Gym	
All Levels Boxing 12:30pm-13:30pm	All Levels Boxing 12:30am-13:30pm	All Levels Boxing 12:30pm-13:30pm	All Levels Boxing 12:30pm-13:30pm	All Levels Boxing 12:30pm-13:30pm
Kids Boxing 4:30pm-5:15pm	Open Gym	Kids Boxing 4:30pm-5:15pm	Open Gym	Kids Boxing 2:30pm-3:15pm
				HIIT Boxing 4:30pm-5:15pm
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 8pm-9pm	Intermediate Boxing / Sparring 8pm- 9pm	HIIT Boxing 8pm-9pm	Intermediate Boxing / Sparring 8pm-9pm	

Saturday	Sunday
Family Boxing 9:00am-9:45am	Family Boxing 9:00am-9:45am
All Levels Boxing 10am-11am	All Levels Boxing 10am-11am
HIIT Boxing 11:15am-12:15pm	Intermediate Boxing / Sparring 11:15am-12:15pm



## Opening Hours

Monday - Friday 7am-9pm  
 Saturday & Sunday 9am-1pm

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