



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Gym Opening : 0700</b>					<b>Gym Open:0800</b>	
<b>0730 - 0815</b>	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing		
<b>0830 - 0915</b>	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	All Levels Boxing	All Levels Boxing
<b>0930 - 1015</b>	Personal Training and Self-Training					Intermediate Boxing	Intermediate Boxing
<b>1030 - 1115</b>						Basic Boxing	Basic Boxing
<b>1130 - 1215</b>						Sparring	Sparring
<b>1230 - 1315</b>						Personal Training and Self-Training	
<b>1330 - 1415</b>	All Levels Boxing	All Levels Boxing	All Levels Boxing	All Levels Boxing	All Levels Boxing	Basic Boxing	Basic Boxing
<b>1430 - 1515</b>	Personal Training and Self-Training		CLOSED FOR CLEANING		Personal Training and Self-Training	Kid's Boxing (U12)	Kid's Boxing (U12)
<b>1530 - 1615</b>			Personal Training and Self-Training			Personal Training and Self-Training	
<b>1630 - 1715</b>	All Levels Boxing	Kid's Boxing (U12)	Kid's Boxing (U12)	Kid's Boxing (U12)	Intermediate Boxing	Intermediate Boxing	YOGA
<b>1730 - 1815</b>	Intermediate Boxing	Boxing Strength and Conditioning	Intermediate Boxing	Boxing Strength and Conditioning	Basic Boxing	LOW INTENSITY BOXING	LOW INTENSITY BOXING
<b>1830 - 1915</b>	Boxing Strength and Conditioning	Intermediate Boxing	YOGA	Intermediate Boxing	Boxing Strength and Conditioning	All Levels Boxing	All Levels Boxing
<b>1930 - 2015</b>	Intermediate Boxing	All Levels Boxing	Basic Boxing	All Levels Boxing	Intermediate Boxing	<b>GYM CLOSED</b>	
<b>2030 - 2115</b>	Basic Boxing	Basic Boxing	All Levels Boxing	Basic Boxing	Basic Boxing		