

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ALL LEVELS BOXING 06:30-07:30	BOX HIIT 06:30-07:30	ALL LEVELS BOXING 06:30-07:30	BOX HIIT 06:30-07:30	ALL LEVELS BOXING 06:30-07:30		
S&C 08:00-09:00	ALL LEVELS BOXING 08:00-09:00	BOX HIIT 08:00-09:00	ALL LEVELS BOXING 08:00-09:00	S&C 08:00-09:00		
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	FAMILY BOXING 09:00-09:45	FAMILY BOXING 09:00-09:45
					ALL LEVELS BOXING 10:00-11:00	ALL LEVELS BOXING 10:00-11:00
					SPARRING 11:15-12:15	BOX HIIT 11:15-12:15
ALL LEVELS BOXING 13:00-14:00	ALL LEVELS BOXING 13:00-14:00	ALL LEVELS BOXING 13:00-14:00	ALL LEVELS BOXING 13:00-14:00	ALL LEVELS BOXING 13:00-14:00	● TEENAGE / CHILDREN & FAMILY	● SUITABLE FOR ALL LEVELS
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	KIDS BOXING 14:30-15:15		
				OPEN GYM	● BOXING AND FITNESS	● SPARRING SESSIONS
KIDS BOXING 16:30-17:30	ALL LEVELS BOXING 16:30-17:30	KIDS BOXING 16:30-17:30	BOX HIIT 16:30-17:30	ALL LEVELS BOXING 16:00-17:00		
YOUTH BOX BASIC BOX 17:30-18:30	YOUTH BOX S&C 17:30-18:30	YOUTH BOX ALL LEVELS 17:30-18:30	YOUTH BOX BASIC BOX 17:30-18:30	YOUTH BOX BOX HIIT 17:30-18:30	● BASICS OF BOXING	● STRENGTH & CONDITIONING FOR BOXING
ALL LEVELS BOXING 18:45-19:45	ALL LEVELS BOXING 18:45-19:45	BOX HIIT 18:45-19:45	ALL LEVELS BOXING 18:45-19:45	ALL LEVELS BOXING 18:45-19:45		
BOX HIIT 20:00-21:00	SPARRING 20:00-21:00	ALL LEVELS BOXING 20:00-21:00	SPARRING 20:00-21:00			



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Unit 16/17 The Promenade by Vincitore
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