

TIMETABLE AS OF MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Boxing Fitness (07:00 - 7:45am)		Boxing Fitness (07:00 - 7:45am)		Boxing Fitness (07:00 - 7:45am)	Basic Boxing (08:00 - 8:45am)	Basic Boxing (08:00 - 8:45am)	
Strength & Conditioning (8:00 - 8:45am)		Strength & Conditioning (8:00 - 8:45am)		Strength & Conditioning (8:00 - 8:45am)	Intermediate Boxing (09:00 - 9:45am)	All Levels (9:00 - 9:45am)	
Self-Training (9:30 - 11:30am)		Self-Training (9:30 - 11:30am)		Self-Training (9:30 - 11:30am)	Self-Training (9:30 - 11:30am)	All Levels (10:00 - 10:45am)	FIGHT TEAM TRAINING
						Kids Class (11:00 - 11:45am)	
						Intermediate Boxing (12:00-12:45pm)	SPARRING (12:00 - 12:45pm)
Basic Boxing (12:30 - 1:15pm)	Intermediate Boxing (12:30 - 1:15pm)	Basic Boxing (12:30 - 1:15pm)	Intermediate Boxing (12:30 - 1:15pm)	Basic Boxing (12:30 - 1:15pm)	All Levels (1:00 - 1:45pm)	All Levels (1:00 - 1:45pm)	
Intermediate Boxing (1:30 - 2:15pm)	Basic Boxing (1:30 - 2:15pm)	Intermediate Boxing (1:30 - 2:15pm)	Basic Boxing (1:30 - 2:15pm)	Intermediate Boxing (1:30 - 2:15pm)	Closes 2:00 pm		
SANITATION & CLEANING							
	Self-Training (2:30 - 4:30pm)						
Kids Class (4:30 - 5:15pm)	Basic Boxing (4:30 - 5:15pm)	All Levels (4:30 - 5:15pm)	Kids Class (4:30 - 5:15pm)	All Levels (4:30 - 5:15pm)			
Basic Boxing (5:30 - 6:15pm)	Intermediate Boxing (5:30 - 6:15pm)	Basic Boxing (5:30 - 6:15pm)	Intermediate Boxing (5:30 - 6:15pm)	Basic Boxing (5:30 - 6:15pm)			
Intermediate Boxing (6:30 - 7:15pm)	All Levels (6:30 - 7:15pm)	Intermediate Boxing (6:30 - 7:15pm)	Basic Boxing (6:30 - 7:15pm)	Intermediate Boxing (6:30 - 7:15pm)			
All Levels (7:30 - 8:15pm)	LADIES - INTRO TO SPARRING (7:30 - 8:15pm)	Basic Boxing (7:30 - 8:15pm)	Intermediate Boxing (7:30 - 8:15pm)	INTRO TO SPARRING (7:30 - 8:15pm)			
Intermediate Boxing (8:30 - 9:15pm)	FIGHT TEAM TRAINING	Intermediate Boxing (8:30 - 9:15pm)	All Levels (8:30 - 9:15pm)	All Levels (8:30 - 9:15pm)			
Closes 930 pm							

Highlighted times are group classes with a coach.
First-timers in boxing are required to attend Trial Class

Classes will only run for 45mins

No entry to classes for latecomers exceeding 10 minutes.

Classes may be subjected to last minute changes - all members will be notified as soon as possible.

Basic : New / Developmental / Trial
All Levels : New / Skilled / Trial
Intermediate : Advanced / Higher Intensity
Intro to Sparring (Ladies / Mixed)
Kids : 0 - Skilled / Experience. Only 4 - 12 Years old
Strength & Conditioning
Boxing Fitness

