

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Time/Day	Saturday	Sunday
07:00-07:45	Basic Boxing	Intermediate Boxing	Boxing Fitness	Boxing Fitness	Basic Boxing	08:00-08:45	Intermediate Boxing	Basic Boxing
08:00-08:45	All Levels	All Levels	All Levels	All Levels	All Levels	09:00-09:45	All Levels	All Levels
09:00-09:45	Self Training	Self Training	All Levels	All Levels	Intermediate Boxing	10:00-10:45	Basic Boxing	Intermediate Boxing
10:00-12:30	Self Training					11:00-11:45	Intermediate Boxing	Basic Boxing
12:30-13:15	Basic Boxing	Intermediate Boxing	Basic Boxing	All Levels	Ladies Boxing	12:00-12:45	All Levels	Intermediate Boxing
13:30-14:15	All Levels	Basic Boxing	Intermediate Boxing	Basic Boxing	All Levels	13:00-13:45	Kids Class	All Levels
14:30-16:30	Self Training					14:00	Gym Close	
16:30-17:15	Kids Class	Basic Boxing	All Levels	Basic Boxing	All Levels	Basic Boxing	New to boxing and looking to pick up basic techniques	
17:30-18:15	Basic Boxing	All Levels	Basic Boxing	All Levels	Kids Class	All Levels	For any proficiency level, classes will be tailored towards members' skill level	
18:30-19:15	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Intermediate Boxing	Looking to pick up more advanced techniques and training intensity	
19:30-20:15	Basic Boxing	Basic Boxing	Basic Boxing	Intermediate Boxing	Intro to Sparring	Kids Class	Under 12 years old	
20:30-21:15	All Levels	All Levels	All Levels	All Levels	All Levels	Intro to Sparring	For those who are ready to test their technique against other fighters	
						Ladies Boxing	For Ladies only. Class is led by our lady coach	