TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	6:00 am	6:00 am	6:00 am	6:00 am	
to	to	to	to	to	
6:45 am	6:45 am	6:45 am	6:45 am	6:45 am	
(Fitness)	(Boxing)	(Fitness)	(Boxing)	(Fitness)	
					08:45 am
					to
					09:30 am
					(Fitness)
	4:30 pm		4:30 pm		
	to		to		
	5:15 pm		5:15 pm		
	(Kids Boxing		(Kids Boxing)		
	age 5 to 11)		age 5 to 11)		
5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm	
to	to	to	to	to	
6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm	
(Boxing)	(Boxing)	(Boxing)	(Sparring)	(Boxing)	
6:45 pm	6:45 pm	6:45 pm	6:45 pm		
to	to	to	to		
7:30 pm	7:30 pm	7:30 pm	7:30 pm		
(Fitness)	(Fitness)	(Fitness)	(Fitness)		