

## TIMETABLE

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