

GROUP FITNESS TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT
5:30AM	BOXING FITNESS				BOXING FITNESS	
9:15AM		BOXING FITNESS		BOXING FITNESS		
9:30AM						BOXING FITNESS
5:00PM	JUNIOR BOXING		JUNIOR BOXING			
5:30PM		BOXING FITNESS		BOXING FITNESS		
6:00PM	BOXING FITNESS		BOXING FITNESS		MUAY THAI BOX FIT	
6:45PM	TECHNIQUE CONTACT CLASS		SPARRING CLASS			



BOXING FITNESS CLASS Any level, any age. Everyone welcome.



MUAY THAI BOX FIT Any level, 10+ years old.



JUNIOR BOXING CLASS Under 16 years old.



TECHNIQUE CONTACT/SPARRING CLASS Own headgear and mouthguard required. Some experience necessary.