



# Timetable July 2010

JOE'S BOXING CLUB  
SYDNEY

DAY	TIME	DESCRIPTION	Level
Monday	5:00pm – 6:00 pm	General Boxing Class	Youth/Adult 13yrs+
	6:00pm – 7:00pm	Mixed Martial Arts	Youth/Adult 13yrs+
	7.00pm - 8.00pm	General Boxing Class	Adult
	8:00pm – 9.00pm	Boxing Advanced	Adult White +
Tuesday	10:00am - 11:00am	General Boxing Class	Adult
	11:00am - 12:00pm	General Boxing Class	Adult
	3:00 pm – 4:00pm	General Boxing Class	Adult
	5:00pm - 6:00pm	General Boxing Class	Youth/Adult 13yrs+
	6:00pm - 7:00pm	Induction Class	Adult
	7:00pm – 8:00pm	General Boxing Class	Adult
	8:00pm – 9:30pm	Boxing Advanced	Grey +
Wednesday	10:00am - 11:00am	General Boxing Class	Adult
	11:00am - 12:00pm	General Boxing Class	Adult
	3:00 pm – 4:00pm	General Boxing Class	Adult
	5:00pm - 6:00pm	General Boxing Class	Youth/Adult 13yrs+
	6:00pm – 7:00pm	Women's Only	Youth/Adult 13yrs+
	7:00pm – 8:00pm	General Boxing Class	Adult
	8:00pm – 9:00pm	Boxing Advanced	Blue +
Thursday	10:00am - 11:00am	General Boxing Class	Adult
	11:00am - 12:00pm	General Boxing Class	Adult
	3:00 pm – 4:00pm	General Boxing Class	Adult
	5:00pm – 6:00 pm	General Boxing Class	Youth/Adult 13yrs+
	6:00pm - 7:00pm	Mixed Martial Arts	Youth/Adult 13yrs+
	7:00pm – 8:00pm	General Boxing Class	Adult
	8:00pm – 9:00pm	Boxing Advanced	Red +
Saturday	8:00am - 9:00am	General Boxing Class	Youth/Adult 13yrs+
	1:00pm – 2:00PM	Sword Class	All Ages
	2:00pm - 3:00pm	Induction Class	Youth/Adult 13yrs+
	3.00pm - 4.00pm	General Boxing Class	Youth/Adult 13yrs+