



Timetable February 2012

DAY	TIME	DESCRIPTION	Level
Monday	5:00pm – 6:00 pm	General Boxing Class	Youth/Adult 13yrs+
	6:00pm – 7:00pm	General Fitness/Boxing	Youth/Adult 13yrs+
	7:00pm - 8.00pm	General Boxing Class	Adult
	8:00pm – 9.00pm	Boxing Advanced	Adult
Tuesday	10:30am - 11:30am	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	General Fitness/Boxing	Youth/Adult 13yrs+
	7:00pm – 8:00pm	General Boxing Class	Adult
	8:00pm – 9.00pm	Boxing Advanced	Adult
Wednesday	10:30am - 11:30am	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	General Fitness/Boxing	Youth/Adult 13yrs+
	7:00pm – 8:00pm	General Boxing Class	Adult
	8:00pm – 9:00pm	Boxing Advanced	Adult
Thursday	10:30am - 11:30am	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	General Fitness/Boxing	Youth/Adult 13yrs+
	7:00pm – 8:00pm	General Boxing Class	Adult
	8:00pm – 9:00pm	Boxing Advanced	Adult
Saturday	8:00am - 9:00am	General Boxing Class	Adult
	1:00pm – 2:00PM	Self Defence/MMA	Youth/Adult 13yrs+
	2:00pm - 3:00pm	New Members Class	Youth/Adult 13yrs+
	3.00pm - 4.00pm	General Boxing Class	Youth/Adult 13yrs+

**Please make an appointment before attending your first class*