

GROUP FITNESS TIMETABLE 2022

	MON	TUES	WED	THURS	FRI	SAT
5:30AM	BOXING FITNESS		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			
6:45PM			MASTER'S BOXING CLASS			



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



JUNIOR BOXING CLASS Ages 6-16.



MASTER'S BOXING CLASS Ages 40+. Contact/sparring involved. Own headgear and mouthguard required