

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Early Bird Boxing 6:30am-7:30am		Early Bird Boxing 6:30am-7:30am		Early Bird Boxing 6:30am-7:30am	Kids Boxing 11am-11:45am	
Lunch Boxing 12pm-1pm	Lunch Boxing 12pm-1pm	Lunch Boxing 12pm-1pm	Lunch Boxing 12pm-1pm		Recreational Boxing 2pm-3pm	
				Bag Fitness 6pm-7pm		
Lower Body H.I.I.T 5pm-6pm	Kids Boxing 4:30pm-5:15pm	Lower Body H.I.I.T 5pm-6pm	Kids Boxing 4:30pm-5:15pm	Kickboxing 6pm-7pm		Bag Fitness 5pm-6pm
Fighters Only Advanced Class 6pm-7pm	Fighters Only Advanced Class 6pm-7pm	Kickboxing 6pm-7pm	Fighters Only Advanced Class 6pm-7pm	Fighters Class 6pm-7:30pm		
Recreational Boxing 7:30pm-8:30pm	Recreational Boxing 7:30pm-8:30pm	Recreational Boxing 7:30pm-8:30pm		Recreational Boxing 7:30pm-8:30pm		