



Area 1

Area 2

## Morning / Afternoon Timetable

<b>TUESDAY</b>				<b>7 AM</b> Rise & Shine Boxing (all ages)		<b>9:30 AM</b> Jerry's HIIT Squad (All Ages)			
<b>WEDNESDAY</b>				<b>7 AM</b> Rise & Shine HIIT Workout					
<b>THURSDAY</b>				<b>7 AM</b> Rise & Shine Boxing (all ages)		<b>9:30 AM</b> Jerry's HIIT Squad (All Ages)			
<b>FRIDAY</b>				<b>7 AM</b> Rise & Shine HIIT Workout (all ages)		<b>9:30 AM</b> Yoga All Abilities		<b>10:30 AM</b> Boxing Against Parkinsons	
<b>SATURDAY</b>	<b>8 AM</b> Boxing (over 35s)	<b>9 AM</b> Little Ninjas 7 Yrs & below	<b>9 AM</b> Ladies ONLY Boxing & HIIT	<b>10 AM</b> Junior Beginner KickBoxing	<b>10 AM</b> Junior Beginner KickBoxing	<b>11 AM</b> Junior Advanced KickBoxing	<b>11 AM</b> Junior Beginner KickBoxing	<b>12 PM</b> Beginner Boxing (All Ages)	<b>12 PM</b> Beginner Boxing (All Ages)
<b>SUNDAY</b>	<b>9 AM</b> Little Ninjas 7 Yrs and below	<b>10 AM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>10 AM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>11 AM</b> Junior Advanced KickBoxing	<b>11 AM</b> Junior Beginner KickBoxing	<b>12 PM</b> Beginner Boxing (All Ages)	<b>12 PM</b> Beginner Boxing (All Ages)	<b>1 PM</b> MMA	<b>1 PM</b> MMA

Area 1

Area 2

## Evening Timetable

<b>MONDAY</b>	<b>4:30 PM</b> WW Boxing Squad Training	<b>6 PM</b> Adult Boxing (All Abilities)	<b>6 PM</b> Adult Boxing (All Abilities)	<b>7 PM</b> Adult KickBoxing (All Grades)	<b>7 PM</b> Adult KickBoxing (All Grades)	<b>8 PM</b> Ladies Box & HIIT	<b>8 PM</b> Mixed Martial Arts	
<b>TUESDAY</b>	<b>4:30 PM</b> WW Boxing Squad Training	<b>5 PM</b> Little Ninjas 7 Yrs and below	<b>5 PM</b> Little Ninjas 7 Yrs and below	<b>6 PM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>6 PM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>7 PM</b> Junior Advanced Kickboxing	<b>7 PM</b> Junior Advanced Kickboxing	<b>8 PM</b> Kickboxing Squad Training
<b>WEDNESDAY</b>	<b>4:30 PM</b> WW Boxing Squad Training	<b>6 PM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>6 PM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>7 PM</b> Adult Boxing (All Abilities)	<b>7 PM</b> Adult Boxing (All Abilities)	<b>8 PM</b> Adult KickBoxing (All Grades)	<b>8 PM</b> Yoga All Abilities	
<b>THURSDAY</b>	<b>5 PM</b> Little Ninjas	<b>5 PM</b> Little Ninjas	<b>6 PM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>6 PM</b> Junior Beginner KickBoxing (8-13 Yrs)	<b>7 PM</b> Junior Advanced Kickboxing (8-13)Yrs	<b>7 PM</b> Junior Advanced Kickboxing (8-13)Yrs	<b>8 PM</b> Mixed Martial Arts	<b>8 PM</b> Mixed Martial Arts
<b>FRIDAY</b>		<b>4:30 PM</b> WW Boxing Squad Training	<b>6 PM</b> Kickboxing Squad Training	<b>6 PM</b> Beginner Boxing (all ages)				