



Area 1

Area 2

## Morning / Afternoon Timetable

<b>TUESDAY</b>			<b>7 AM</b> Boxing (All Ages)		
<b>WEDNESDAY</b>			<b>7 AM</b> HIIT Circuit Training		
<b>THURSDAY</b>			<b>7 AM</b> Boxing (All Ages)		
<b>FRIDAY</b>			<b>7 AM</b> HIIT Circuit Training		
<b>SATURDAY</b>	<b>8 AM</b> Boxing (over 35s)	<b>9 AM</b> Ladies ONLY Boxing	<b>10 AM</b> Junior Beginner KickBoxing	<b>11 AM</b> Junior Advanced KickBoxing	<b>12 PM</b> Beginner Boxing (All Ages)
<b>SUNDAY</b>		<b>10 AM</b> Junior Beginner KickBoxing	<b>11 AM</b> Junior Advanced KickBoxing	<b>12 PM</b> Beginner Boxing (All Ages)	

Area 1

Area 2

## Evening Timetable

<b>MONDAY</b>	<b>5 PM</b> WW Junior Squad Training	<b>6 PM</b> Adult Beginner Boxing	<b>7 PM</b> WW Senior Squad Training	<b>8 PM</b> Adult KickBoxing (All Grades)	<b>8 PM</b> Ladies ONLY Boxing	<b>8 PM</b> Mixed Martial Arts
<b>TUESDAY</b>	<b>5 PM</b> Little Ninjas	<b>6 PM</b> Little Ninjas	<b>7 PM</b> Junior Beginner KickBoxing	<b>7 PM</b> Junior Advanced Kickboxing	<b>8 PM</b> Junior Advanced Kickboxing	<b>8 PM</b> Kickboxing Squad Training
<b>WEDNESDAY</b>	<b>5 PM</b> WW Junior Squad Training	<b>6 PM</b> Junior Beginner Boxing	<b>7 PM</b> WW Senior Squad Training	<b>7 PM</b> Adult Beginner Boxing	<b>8 PM</b> Adult Beginner Boxing	<b>8 PM</b> Adult KickBoxing (All Grades)
<b>THURSDAY</b>	<b>5 PM</b> Little Ninjas	<b>6 PM</b> Little Ninjas	<b>7 PM</b> Junior Beginner KickBoxing	<b>7 PM</b> WW Senior Squad Training	<b>8 PM</b> Junior Advanced Kickboxing	<b>8 PM</b> Junior Advanced Kickboxing
<b>FRIDAY</b>		<b>5 PM</b> WW Junior Squad Training	<b>6 PM</b> Kickboxing Squad Training			