

PHASE 3 SCHEDULE W.E.F 8 FEB 2021

MON	TUE	WED	THU	SAT	SUN
				Strength&Conditioning 9AM-9.50AM	
				Boxing - All Levels Mix 10AM-11AM	Women's Boxing 10.15AM-11.15AM
				Boxing Beginner 11.15AM-12.15PM	Boxing Beginner 11.30AM-12.30PM
				Boxing Intermediate 12.30PM-1.30PM	Boxing - All Levels Mix 12.45PM-1.45PM
Boxing - All Levels Mix 6PM-7PM	Boxing - All Levels Mix 6PM-7PM	Boxing - All Levels Mix 6PM-7PM	Boxing - All Levels Mix 6PM-7PM		
Boxing - All Levels Mix 7.15PM-8.15PM	Boxing Beginner 7.15PM-8.15PM	Boxing - All Levels Mix 7.15PM-8.15PM	Boxing Beginner 7.15PM-8.15PM		
Boxing Beginner 8.30PM-9.30PM	Boxing Intermediate 8.30PM-9.30PM	Boxing Beginner 8.30PM-9.30PM	Boxing Intermediate 8.30PM-9.30PM		

CLOSED ON FRIDAYS & PUBLIC HOLIDAYS

BOXING - ALL LEVELS MIX CLASS REQUIRES KNOWLEDGE OF HOOKS, BASIC BOXING DEFENSIVE AND MOVES.

*Classes may be subjected to last minute changes. All participants will be notified as soon as possible.