



Area 1

Area 2

Morning / Afternoon Timetable

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

Area 1

Area 2

Evening Timetable

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