

TRAINING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					CARDIO BOXING MAX 8:15AM – 9:30AM	
CARDIO BOXING 9:30AM – 10:30AM		CARDIO BOXING 9:30AM – 10:30AM				
OPEN SPARRING 4:00pm – 6:00pm	KIDS BOXING 4:30PM – 5:30PM	OPEN SPARRING 4:00pm – 6:00pm	KIDS BOXING 4:30PM – 5:30PM	OPEN SPARRING 4:00pm – 6:00pm		
CARDIO BOXING 6:30PM – 7:30PM	CARDIO BOXING 6:30PM – 7:30PM	CARDIO BOXING 6:30PM – 7:30PM				
BEGINNERS TECHNIQUE 7:30PM – 8:30PM		BEGINNERS TECHNIQUE 7:30PM – 8:30PM				

