



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9.30-10.30 Boxing For Fitness	Bookings- Private Sessions	9.30-10.30 Boxing For Fitness		
16.30-17.30 Boxing For Fitness	16.30-17.30 Boxing For Fitness	16.30-17.30 Boxing For Fitness	16.30-17.30 Boxing For Fitness	Bookings- Private Sessions	Bookings- Private Sessions
17.45-18.45 Boxing For Fitness	17.45-18.45 Boxing For Fitness	17.45-18.45 Boxing For Fitness	17.45-18.45 Boxing For Fitness	17.30-19.00 SPARRING*	Bookings- Private Sessions
	19.00-20.00 Boxing For Fitness	19.00-20.00 Boxing For Fitness			

***SPARRING IS FREE OF CHARGE. ALL ARE WELCOME, TO ATTEND OR PARTICIPATE. SESSION IS SUPERVISED.**