








CLASS TIMETABLE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---|--|---|--|---|-----------------------|
| 6:30am - 7:10am | CROSS-TRAINING | BOX-FIT | CROSS-TRAINING | BOX-FIT | | |
| 8:30am - 9:10am | | | | | | CROSS-TRAINING |
| 12:00pm - 12:40pm | | | BOX-FIT CIRCUITS | |  | |
| 4:00pm | JUNIOR BOX-FIT (4-5pm) | | JUNIOR BOX-TECH (4-5pm) | | | |
| 4:30pm | |  | |  | | |
| 5:00pm | | | | | | |
| 5:30pm - 6:10pm | BOX-FIT BEGINNERS/ INTERMEDIATE | BOX-TECH BEGINNERS/ INTERMEDIATE | BOX-FIT BEGINNERS/ INTERMEDIATE | BOX-TECH BEGINNERS/ INTERMEDIATE | | |
| 6:30pm - 7pm |  | COMPETITION BOXING (Invitation only) |  | COMPETITION BOXING (Invitation only) | | |
| 7:30pm | | | | | | |

Open 24/7

Staffed Hours: Mon - Thurs 6am - 8pm; Fri 6am - 7pm; Sat 8am - 1pm