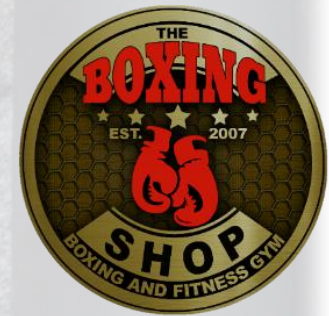


The Boxing Shop Timetable 2019

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY		SATURDAY
6:00 AM	Early Birds Boxing Circuit 6-7am	Snr Female Comp Squad 6-7am	Snr Female Comp Squad 6-7am	Early Birds Boxing & Fitness 6-7am	Snr Female Comp Squad 6-7am	Snr Female Comp Squad 6-7am	Early Birds Strength Training 6-7am	8:00 AM	Boxing Circuit 8-9am
7:00 AM	Box Blast 7-7:30am						Run Squad 7:15-8am (At Griffith Uni)	9:15 AM	Beginners 9-17 9:15-10am
								10:00 AM	Intermediate 9-17 10-10:45am
3:45 PM	Under 8s 3:45-4:15pm		Beginner 9-12 3:45-4:30pm		Under 8s 3:45-4:15pm		Beginner 9-12 3:45-4:30pm		10:45 AM
4:15 PM	Inter 13-17 4:15-5:15pm	Under 17s Comp Squad 4:15-5:15pm			Inter 13-17 4:15-5:15pm	Under 17s Comp Squad 4:15-5:15pm			JNR & SNR Comp Squad + Open Gym 4:30 - 6:30pm
4:30 PM			Beginner 13-17 4:30-5:30pm	Inter 9-12 4:30-5:30pm			Beginner 13-17 4:30-5:30pm	Inter 9-12 4:30-5:30pm	
5:15 PM									
5:30 PM									
5:45 PM	Box HIT 1 5.45-6.30pm		Power Pads 5.45-6.30pm		Box HIT 1 5.45-6.30pm		Boxing Circuit 5.45-6.30pm		
6:30 PM	Snr Male Comp Squad 6.30-8pm		Snr Male Comp Squad 6.30-8pm		M&F Comp Squad 6.30-8pm		Intermediate Adults 6:30-7:30pm		



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