



THE BOXING SHOP

Sessions
Timetable

Follow Us:   

Start Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
ADULTS	6 AM	Early Birds Boxing Circuit 6-7 am	Snr Female Comp Squad 6-7 am	Snr Female Comp Squad 6-7 am	Early Birds Boxing & Fitness 6-7 am	Snr Female Comp Squad 6-7 am	Early Birds Strength Training 6-7 am	8 AM Boxing Circuit 8-9 am
	OFFICE HOURS 2.30-7.30 PM MON-THURS & 7.30-10.30 AM SAT							
UNDER 17s	3.45 PM	Under 8s 3.45-4.15 pm		Beg 9-12 3.45-4.30 pm		Beg 9-12 3.45-4.30 pm		9:15 AM All 9-17 (Beg & Int) 9.15-10 am
	4.15 PM	Inter 13-17 4.15 – 5.15 pm	U17 Comp Squad 4.15 – 5.30 pm	Beg 13-17 4.30 – 5.30 pm	Inter 9-12 4.30 – 5.30 pm	Inter 13-17 4.15 – 5.15 pm	U17 Comp Squad 4.15 – 5.30 pm	
	4.30 PM							Beg 13-17 4.30 – 5.30 pm
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1 Week Free Trial! 	
ADULTS	5.45 PM	Box HIT 1 5.45 – 6.30 pm	Power Pads 5.45 – 6.30 pm	Box HIT 1 5.45 – 6.30 pm	Boxing Circuit 5.45 – 6.30 pm	+ Open Gym 5 - 6.30 pm		
	6 PM							Snr Male Comp Squad 6:30 -8 pm
	6.30 PM						 E-mail Us: info@theboxingshop.com.au	