

KICKSTART FIGHT SQUAD TIMETABLE AT



	10am	4:00pm	5:00pm	6:00pm
Monday			Cardio Outdoor <i>(unless specified)</i> 60 - 90mins	
Tuesday		Pads and Bag Work B - TEAM 60mins	Pads and Bag Work A-TEAM 60mins	
Wednesday		Little Champions (8 - 13 year old's) <i>Boxing fundamentals</i> 60mins	Strength & Conditioning A+B TEAM 60mins	
Thursday		Sparring B-TEAM <i>Contact drills for novices</i>	Sparring A-TEAM	
Friday		Little Champions (8 - 13 year old's) <i>Boxing fundamentals</i> 60mins	Bag work and Boxing footwork Drills 60mins	
Saturday	Sparring <i>(At The Boxing Gym or other location TBC that week)</i>			
Sunday				