THE **BOXING** GYM

GENERAL CLASS TIMETABLE

	6:00am	7:00am	9:00am	10:00am	12:00pm	5:00pm	6:00pm	7:00pm
Monday	BOXING Punch-Out 60mins SIMON	GAS 45 <i>Carpark Circuit</i> 45min SIMON					BOXING Combo's, technique and fitness 60mins SIMON	
Tuesday	BOXING Combos and Technique 60mins SIMON						BOXING Coaches choice 60mins TAJ, NAE, AUSTIN (rotating weekly)	
Wednesday	GAS 45 <i>Carpark Circuit</i> 45min SIMON	GAS 45 <i>Carpark Circuit</i> 45min SIMON					BOXING Combo's, technique and fitness 60mins MARCO	SPARRING Open sparring – beginners and complete novices welcome.
Thursday	BOXING Pads and Abs 45mins SIMON						GIRLS ONLY BOXING CLASS 60mins	
Friday	BOXING Conditioning 60mins SIMON	GAS 45 <i>Carpark Circuit</i> 45min SIMON					BOXING Pads and Bag work 60 mins MARCO	
Saturday		BOXING Punch-Out 60mins SIMON	GIRLS ONLY Gym Circuit 45min SIMON					
Sunday								