

TIMETABLE 2012

Because training **like** a boxer is different to training **to be** a boxer



TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7.00-7.45am

**Old school
Running**

**Old school
Bodyweight**

**Old school
Lifting**

**Old school
Grappling**

**Old school
Fundamentals**

Boot Camp*
*11-12midday

6.30-7.30pm

**Boxing
Circuit**

**Defence
Strategy**

**First Timers/
Novice**

**Boxing
Fundamentals**

Boot Camp

**Boxing
Circuit***
*12-1pm

8.00-9.00pm

Thai Boxing

**Boxing
Fundamentals**

Boot Camp

**Boxing
Circuit**

Thai Boxing*
*(7.30-8.30pm)

Sparring*
*1-2pm

Saturday classes are subject to availability and won't run on days workshops or clinics are taking place. Contact the club for more information.

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