

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30 AM	GYM OPENS AT 6:30 AM					BOXING
07:00 AM - 08:00 AM						TR CIRCUIT (FITNESS)
07:10 AM - 07:55 AM	BOXING	BOXING	BOXING	BOXING	BOXING	
07:10 AM - 08:25 AM	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	
08:00 AM - 09:00 AM	OPEN GYM					BOXING
						SCHOOL OF BOXING (TECHNICAL BOXING CLASS)
09:15 AM - 10:15 AM	BOXING	BOXING	BOXING	BOXING	BOXING	BOXING
	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)
12:00 PM - 12:45 PM	RUSH HOUR (BOXING/FITNESS)	RUSH HOUR (BOXING/FITNESS)	RUSH HOUR (BOXING/FITNESS)	RUSH HOUR (BOXING/FITNESS)	RUSH HOUR (BOXING/FITNESS)	12:00 PM - 01:00 PM BOXING
04:30 PM - 05:30 PM	BOXING	BOXING	BOXING	BOXING	BOXING	
	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	
05:40 PM - 06:40 PM	BOXING	BOXING	BOXING	BOXING	BOXING	
05:40 PM - 06:55 PM	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	
06:50 PM - 07:50 PM	BOXING	BOXING	BOXING	BOXING	BOXING	
07:00 PM - 08:00 PM	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	TR CIRCUIT (FITNESS)	
08:00 PM - 09:15 PM	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SPARRING CLASS (TECHNICAL BOXING) (SELECTED FIGHTERS)	SCHOOL OF BOXING (TECHNICAL BOXING CLASS)	SPARRING CLASS (FIGHT SIMULATION) (SELECTED FIGHTERS)	
08:10 PM - 09:10 PM	BOXING	BOXING	BOXING	BOXING	BOXING	
GYM OPEN TILL 10:30 PM						