



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00-7.00AM WOMEN'S	BOOT CAMP		BOOT CAMP		BOOT CAMP (Boxing Based)	
9.00-10.00AM WOMEN'S						BOXING Boxing (time can vary between 8 and 9)
9.45-10.45AM WOMEN'S	BOOT CAMP		BOOT CAMP (Boxing Based)		BOOT CAMP (9.30am)	
6.30-7.30PM WOMEN'S	BOOT CAMP	BOOT CAMP Boxing Based)		BOOT CAMP		
7.00-8.00pm MIXED	BOOT CAMP (Boxing Based) Mixed	BOOT CAMP Mixed		BOOT CAMP (7.30-8.30)		
7.30-8.30PM		GROUP FITNESS Boxing				