

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min		
9.30AM	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min		
10AM						Rocky Workout (14+ years) 1 hr	
11.30AM						Advanced boxing class 1.5 hrs INVITE ONLY	
12NOON	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min	Rocky Workout (14+ years) 45min		
4PM	Beginners junior boxing (9-13 years) 1hr	Mini boxers (6-8 years) 1hr	Beginners junior boxing (9-13 years) 1hr	Development junior boxing (9-13 years) INVITE ONLY 1h	Female only boxing (9+ years) 1hr		
5PM	Advanced junior boxing (9-13 years) 1hr INVITE ONLY		Advanced junior boxing (9-13 years) 1hr INVITE ONLY	Advanced junior boxing (9-13 years) 1hr INVITE ONLY			
6PM	Advanced senior boxing (14+ years) 1 hr INVITE ONLY	Rocky Workout (14+ years) 1 hr	Advanced senior boxing (14+ years) 1 hr INVITE ONLY	Advanced senior boxing (14+ years) 1 hr INVITE ONLY			
7.30PM	Beginner senior boxing (14+years)		Beginner senior boxing (14+years)	Rocky Workout (14+ years) 1 hr			