

TRAINING CAVE CLASS TIMETABLE

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							
10AM						Rocky Workout (14+ years) 1 hr	
11.30AM						Fight team 1.5 hrs INVITE ONLY	
12NOON							
4PM	Junior boxing (9-13 years) 1hr	Mini boxers (6-8 years) 1hr	Junior boxing (9-13 years) 1hr	Junior boxing (9-13 years) 1hr	Mini boxers (6-8 years) 1hr		
5PM	Fight team (9-13 years) 1hr INVITE ONLY	Female only boxing (9+ years) 1hr	Fight team (9-13 years) 1hr INVITE ONLY	Fight team (9-13 years) 1hr INVITE ONLY	Female only boxing (9+ years) 1hr		
6PM	Fight team (14+ years) 1 hr INVITE ONLY	Rocky Workout (14+ years) 1 hr	Fight team (14+ years) 1 hr INVITE ONLY	Fight team (14+ years) 1 hr INVITE ONLY	Boxing for SEND (14-19 years)		
7.30PM	Senior boxing (14+years) 1hr	Senior boxing (14+years) 1hr	Senior boxing (14+years) 1hr	Rocky Workout (14+ years) 1 hr			