

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	
06:30						
07:00	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	
07:30						
08:00						
08:30						
09:00	10 Week Training Programmes & Support	10 Week Training Programmes & Support	10 Week Training Programmes & Support	10 Week Training Programmes & Support	10 Week Training Programmes & Support	Boxing Fitness & Technique
09:30						
10:00						
10:30						
11:00						
11:30						
12:00						
12:30						
13:00	Boxing Fitness	Strength & Conditioning	Boxing Fitness	Strength & Conditioning	Boxing Fitness	Boxing Fitness
13:30						
14:00						
14:30	10 Week Training Programmes & Support	10 Week Training Programmes & Support	10 Week Training Programmes & Support	10 Week Training Programmes & Support	10 Week Training Programmes & Support	
15:00						
15:30						
16:00						
16:30	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	
17:00						
17:30	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	Boxing Fitness	
18:00						
18:30	Boxing Fitness	Boxing Fitness & Technique	Boxing Fitness	Boxing Fitness & Technique	Boxing Fitness	
19:00						
19:30		Boxing Fitness		Boxing Fitness		
20:00						