

A.R.D. CLASS TIMETABLE

MONDAY	JUNIOR BOXING (4:30-5:30PM) AGES 10-16	SENIOR BOXING (6:30-8PM) AGES 17+
TUESDAY	SENIOR BOXING (7-8PM) AGES 17+	
WEDNESDAY	JUNIOR BOXING (4:30-5:30PM) AGES 10-16	SENIOR BOXING (6:30-8PM) AGES 17+
THURSDAY	FIGHTERS SQUAD TRAINING (7-8PM) [INVITATION ONLY] AGES 17+	
FRIDAY	BOXING FOR FITNESS (6-7PM) AGES 16+	
SATURDAY	BEGINNERS BOXING (10-11AM) AGES 17+	
SUNDAY	BEGINNERS BOXING (8:30-10:30AM) AGES 17+	

KEY

MEMBERS CLASSES

**OPEN TO MEMBERS &
NON MEMBERS**

**TO ATTEND CLASSES
PLEASE GET IN TOUCH
BEFOREHAND!**

**COACHES ARE
AVAILABLE FOR
1-TO-1 SESSIONS
THROUGHOUT THE
WEEK, PLEASE
CONTACT FOR
FURTHER INFO...**