

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09h -10h Community Women Vaz	09h -10h Community Fitness Vaz	09h -10:30h Community Boxing Vaz	09h -10h Community Fitness Vaz	09h -10h Community Boxing Vaz		10:30h - 11:00h SEND & Parents Vaz

17h - 18h Kids - 5/10 yo David	17h - 18h Kids - 5/10 yo Vaz		16 h - 17h Kids - 5/10 yo David	17h - 18h Kids - 5/10 yo Vaz	15:00h - 17:00h Boxing	13h - 14h Begginers Nisa
18h - 19h Junior- 11/15 yo David	18h - 19h Junior- 11/15 yo Vaz		17h - 18h Junior- 11/15 yo David	18h - 19h Junior- 11/15 yo Vaz		14h - 15:30 h Sparring Nisa
19h - 20h Begginers Dylan	19h - 20h Boxing Mixed Level Vaz		18h - 19h Women Only Nisa	19h - 20:30h Mixed Levels Vaz		15:30h - 16:30h Women Only Nisa
20h - 21:30h Mixed Levels Dylan			19h- 20h Mixed Levels Nisa			



## OPENING TIMES

**MON - FRI**  
**09:00 - 22:00**

**SAT - SUN**  
**09:00 - 17:00**