

GYM CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
6.00am - 7.00am		Circuit	Dynamics		Mix Fitness	Boxing	Pool session
7.00am - 8.00am	Boxing		Swimming	Boxing		Swimming	
Evening							
6.00pm - 7.00pm		Mix Fitness	Boxing and Weights	Strength & Condition		Personal Training	
7.00pm - 8.00pm	Boxing				Boxing		

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