BOXING | TIMETABLE

6:00AM 4:00PM 4:45PM TEENS **BAG DRILLS PARTNER** MONDAY BOXING **DRILLS COACH DIMITRI COACH JEZ COACH JEZ** 6:00AM 4:00PM TECHNIQUE JUNIOR **TUESDAY** BOXING **COACH RICKY COACH PIPPA** (FROM OCT 2025) 6:00AM 4:00PM 4:45PM **PARTNER FUNDAMENTALS TEENS** WEDNESDAY BOXING **DRILLS COACH RICKY COACH JEZ COACH JEZ** 6:00AM 4:00PM BOXING **JUNIOR THURSDAY FITNESS** BOXING **COACH DIMITRI COACH PIPPA** (FROM OCT 2025) (Beginner Friendly) 6:00AM **SPARRING** FRIDAY **BASICS COACH RICKY** 8:00AM 11:00AM **FUNDAMENTALS SATURDAY SPARRING COACH DIMITRI** 11:00AM **FUNDAMENTALS SUNDAY COACH RICKY**

5:30PM
TECHNIQUE
COACH DIMITRI
(Beginner Friendly)

6:30PM
PARTNER
DRILLS
COACH DIMITRI
(Beginner Friendly)

5:30PM TECHNIQUE COACH RICKY (Beginner Friendly) 6:30PM SPARRING DRILLS COACH RICKY

5:30PM TECHNIQUE COACH RICKY (Beginner Friendly) 6:30PM
DRILLS &
FOOTWORK
COACH RICKY
(Beginner Friendly)





BOXING TIMETABLE

6:00AM 4:45PM <u>5:30PM</u> 4:00PM 6:30PM **BAG DRILLS TEENS PARTNER TECHNIQUE PARTNER MONDAY BOXING DRILLS DRILLS COACH DIMITRI COACH DIMITRI COACH JEZ COACH JEZ COACH DIMITRI** (Beginner Friendly) (Beginner Friendly) 6:00AM 4:00PM **TECHNIQUE JUNIOR TUESDAY BOXING COACH RICKY COACH PIPPA** (Beginner Friendly) (FROM OCT 2025) 6:00AM 4:45PM 6:30PM 4:00PM 5:30PM **TEENS PARTNER TECHNIQUE SPARRING FUNDAMENTALS WEDNESDAY BOXING DRILLS DRILLS COACH RICKY COACH RICKY COACH JEZ COACH JEZ COACH RICKY** (Beginner Friendly) (Beginner Friendly) 6:00AM 4:00PM **BOXING JUNIOR THURSDAY FITNESS BOXING COACH PIPPA COACH DIMITRI** (Beginner Friendly) (FROM OCT 2025) 6:00AM 5:30PM 6:30PM **TECHNIQUE SPARRING** DRILLS & **FRIDAY FOOTWORK BASICS COACH RICKY COACH RICKY COACH RICKY** (Beginner Friendly) (Beginner Friendly) MA00:8 11:00AM OPEN **FUNDAMENTALS SATURDAY SPARRING COACH DIMITRI COACH RICKY** 11:00AM **FUNDAMENTALS SUNDAY COACH RICKY**



BOXING | TIMETABLE

6:00AM **BAG DRILLS MONDAY COACH DIMITRI** 6:00AM **TECHNIQUE TUESDAY COACH RICKY** (Beginner Friendly) 6:00AM **FUNDAMENTALS** WEDNESDAY **COACH RICKY** (Beginner Friendly) 6:00AM **BOXING THURSDAY FITNESS COACH DIMITRI** (Beginner Friendly) 6:00AM **SPARRING FRIDAY** BASICS **COACH RICKY** 8:00AM 11:00AM **OPEN FUNDAMENTALS SATURDAY SPARRING COACH DIMITRI COACH RICKY** 11:00AM **FUNDAMENTALS SUNDAY COACH RICKY**

4:00PM 5:30PM 4:45PM 6:30PM **TEENS PARTNER PARTNER TECHNIQUE DRILLS** BOXING **DRILLS COACH DIMITRI COACH JEZ COACH JEZ COACH DIMITRI** (Beginner Friendly) (Beginner Friendly) 4:00PM JUNIOR **BOXING COACH PIPPA** (FROM OCT **2025**) 4:00PM 4:45PM 5:30PM 6:30PM **TEENS PARTNER TECHNIQUE SPARRING BOXING DRILLS DRILLS COACH RICKY COACH JEZ COACH JEZ COACH RICKY** (Beginner Friendly) 4:00PM **JUNIOR BOXING COACH PIPPA** (FROM OCT 2025)

> 5:30PM TECHNIQUE COACH RICKY (Beginner Friendly)

6:30PM
DRILLS & FOOTWORK
COACH RICKY
(Beginner Friendly)

