

BOXING | TIMETABLE

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

Victorious

VICTORIOUS GYM, 50 ANNERLEY ROAD WOOLLOONGABBA

BOXING | TIMETABLE

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

Victorious

VICTORIOUS GYM, 50 ANNERLEY ROAD WOOLLOONGABBA

BOXING | TIMETABLE

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

