

WOODBIDGE *Schedule*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

07:00 - 07:45
BOXING

07:00 - 07:45
BOXING

09:30 - 10:15
KIDS 7-12

09:30 - 10:15
KIDS 7-12

10:30 - 11:15
KICKBOXING

10:30 - 11:15
BOXING

11:30 - 12:15
BOXING

11:30 - 12:15
KICKBOXING

12:00 - 12:45
BOXING

12:00 - 12:45
KICKBOXING

12:00 - 12:45
BOXING

12:00 - 12:45
KICKBOXING

12:00 - 12:45
BOXING

12:30 - 1:15
BOX & BURN

12:30 - 1:15
KICKBOXING
DRILLS

1:30 - 2:15
BOXING

1:30 - 2:30
FIGHTERS
CLASS

2:30 - 3:15
BOXING
DRILLS

4:30 - 5:15
KICKBOXING

4:30 - 5:15
BOXING

5:30 - 6:15
KIDS 7-12

5:30 - 6:15
BOXING

5:30 - 6:15
BOXING

5:30 - 6:15
KICKBOXING

5:30 - 6:15
KICKBOXING

6:30 - 7:15
BOXING

6:30 - 7:15
KICKBOXING

6:30 - 7:15
KIDS 7-12

06:30 - 7:15
BURN & BOX

6:30 - 7:15
KIDS 7-12

7:30 - 8:15
KICKBOXING

7:30 - 8:15
BOXING

7:30 - 8:15
KICKBOXING

7:30 - 8:15
BOXING

7:30 - 8:15
BOXING

8:30 - 9:15
BOXING

8:30 - 9:15
KICKBOXING

8:30 - 9:15
BOXING

8:30 - 9:15
BOXING
DRILLS

8:30 - 9:15
BOX & BURN