

WOODBIDGE SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
7 AM		7:00-7:45 Boxing		7:00-7:45 Boxing		9:30-10:15 Kids 7-12	9:30-10:15 Kids 7-12
12 PM	12:00-12:45 Boxing	12:00-12:45 Kickboxing	12:00-12:45 Boxing	12:00-12:45 Kickboxing	12:00-12:45 Burn & Box	10:30-11:15 Kickboxing	10:30-11:15 Boxing
4 PM					4:30-5:15 Boxing	11:30-12:15 Boxing	11:30-12:15 Kickboxing
5 PM	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	12:30-1:15 Burn & Box	12:30-1:15 MT Drills
6 PM	6:30-7:15 Boxing	6:30-7:15 Kickboxing	6:30-7:15 Kids 7-12	6:30-7:15 Burn & Box	6:30-7:15 Kids 7-12	1:30-2:15 Boxing Drills	1:30-2:30 Fighters Workout
7 PM	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 PM	8:30-9:15 Boxing	8:30-9:15 MT Drills	8:30-9:15 Boxing	8:30-9:15 Boxing Drills			