

TORONTO SCHEDULE

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