

# FIGHTSMITH

**EST**      **B O X I N G**      **2014**

| TIME/DAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY                         | FRIDAY  | SATURDAY  |
|----------|---|---|---|----------------------------------|---|---|
| AM       |   |   | BOXING<br>FUNDAMENTALS<br>5:30AM  |                                  | BOXING<br>FUNDAMENTALS<br>5:30AM  |   |
| AM       |   |   |   |                                  |   | ADVANCED BOXING<br>& SPARRING EVERY<br>SECOND WEEKEND.<br>PLEASE CHECK<br>BOOKINGS PAGE<br>7:30-830AM |
| AM       |   |   |   |                                  |   |   |
| PM       | KIDS BOXING<br>4:30 - 5:30PM  |   | KIDS BOXING &<br>SPARRING 4:30<br>-6:00PM                                 |                                  | KIDS BOXING<br>4:30 - 5:30PM  |   |
| PM       |   | BOXING<br>FUNDAMENTALS<br>5:30PM  |   | BOXING<br>FUNDAMENTALS<br>5:30PM |   |   |
| PM       | ELITE<br>COMPETITION<br>BOXING 6:30PM<br>(INVITE ONLY<br>CLASS)<br>Andrew | ADVANCED BOXING<br>6:30-7:30PM  | ELITE<br>COMPETITION<br>BOXING 6:00PM<br>(INVITE ONLY<br>CLASS)<br>Andrew | ADVANCED BOXING<br>6:30-7:30PM   | ELITE<br>COMPETITION<br>BOXING 6:30PM<br>(INVITE ONLY<br>CLASS)<br>Andrew |   |
| PM       |   |   |   |                                  |   |   |
| PM       |   |   |   |                                  |   |   |
|          | ADVANCED BOXING   | <b>You must have trained for a min 6 months to join this class, this is a full contact class mouthguard, 16 ounce gloves and hand wraps are needed.</b>                     |   |                                  |   |   |
|          | BOXING<br>FUNDAMENTALS  | <b>This is open to anyone aged 15 and over, this is a contact class mouthguard, 16 ounce gloves and hand wraps are recommended and encouraged. (Available for purchase)</b> |   |                                  |   |   |