

FIGHTSMITH

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

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
AM						NOVICE BOXING 10AM - 12PM
AM						
PM	KIDS BOXING 4:30PM		KIDS BOXING 4:30PM		KIDS BOXING 4:30PM	
PM	ADULTS BOXING 5:30PM	BOXFIT 5:45PM - 6:45PM		ADULTS BOXING 5:45PM - 6:45PM	ADULTS BOXING 5:30PM	
PM	FIGHT TEAM COMPETITION BOXING 6:30PM (INVITE ONLY CLASS) Andrew		FIGHT TEAM COMPETITION BOXING 6:00PM (INVITE ONLY CLASS) Andrew		FIGHT TEAM COMPETITION BOXING 6:30PM (INVITE ONLY CLASS) Andrew	
PM						
PM						
ADULTS BOXING		This is open to anyone aged 15 and over, this is a contact class mouthguard, 16 ounce gloves and hand wraps are recommend and encouraged. (Available for purchase)				
KIDS BOXING		This is open to anyone aged 8 - 14, this is a minimal contact class and we recommend mouthguards and 12-16 ounce gloves. (Available for purchase)				
NOVICE BOXING		This is open to anyone aged 15 and over and are currently competing or ready to complete as a boxer. You must be registered with Boxing ACT.				