

FIGHTSMITH

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

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM			ADULTS BOXING 5:30AM		ADULTS BOXING 5:30AM	
AM						ADVANCED BOXING & SPARRING PLEASE CHECK BOOKINGS PAGE 7:30-830AM
AM						
PM	KIDS BOXING 4:30PM		KIDS BOXING 4:30PM		KIDS BOXING 4:30PM	
PM		ADULTS BOXING 5:30PM		ADULTS BOXING 5:45PM - 6:45PM		
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)				