

SAT

ADULTS

age 16+

with Gage

BOXING CLUB

MIXED

age 11 - 17

Greenway Boxing Zone Timetable

ADULTS age 16+ £6.50 per class	WOMEN/GIRLS ONLY ages 11-17 £1.50 per dass	ages 11-17 3 - 5 PM £2.50 day pass dass	ages 11-17 £1.50 per dass	ADULTS age 16+ OPEN GYM
		, page 3.000		

Any questions? 20117 950 3335 Info and bookings at southmead.org

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Mon	08:15 - 09:00 PAD FIT ADULTS age 16+ with Gage											19:00 - 19:45 BOXING CIRCUITS ADULTS age 16+	
TUE					12:30 - 13:00 RUMBLE ADULTS age 16+ with Kay				16:15 - 17:00 REFERRAL BOXING DROP IN Girls/Women ages 11-17	17:15 - 18:00 REFERRAL BOXING DROP IN Mixed ages 11-17			
WED	08:15 - 09:00 PAD FIT ADULTS age 16+ with Joel C												
Тни									16:15 - 17:00 BOXING DROP IN MIXED age 11-17	17:15 - 18:00 BOXING DROP IN MIXED ages 11-17			
FRI						13:00 - 13:45 PAD FIT ADULTS age 16+ with Kay			16:15 - 17:00 BOXING DROP IN Girls/Women ages 11-17				
		09:30 - 10:15 PAD FIT	10:30 - 11:15 SUMMER		Gym times: Monday - Friday, 08:00 - 20:45, Weekends, 09:0						s, 09:00 - 1	.7:00	