

BOXING SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat
06h00	LADIES AND GENTS	LADIES AND GENTS	LADIES AND GENTS	LADIES AND GENTS	LADIES AND GENTS	
08h00	LADIES ONLY CLASS	LADIES ONLY CLASS	LADIES ONLY CLASS	LADIES ONLY CLASS	LADIES ONLY CLASS	
09h00						OPEN GYM
12h00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
16h00	PARENT'S CLASS	PARENT'S CLASS	PARENT'S CLASS	PARENT'S CLASS		
17h00	ABS & CORE (30 MINUTES)		ABS & CORE (30 MINUTES)		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">APEX</h2> <p style="margin: 0;">BOXING BRAZILIAN JIU JITSU</p> <p style="margin: 0;">BOXING SCHEDULE</p> <p style="margin: 5px 0 0 0;">ENQUIRIES: 083 788 2778</p> </div>	
17h30	LADIES ONLY CLASS	LADIES ONLY CLASS	LADIES ONLY CLASS	LADIES ONLY CLASS		
18h30	LADIES AND GENTS	LADIES AND GENTS	LADIES AND GENTS	LADIES AND GENTS		