
Programs



**Technical Boxing Classes
Glove System©
Adult 17+, Youth 11-16
7 Days a Week
Lunch Time Classes Offered**

Learn like the professionals. Our award winning Glove System will guide you effectively though offense and defense, all in a non-contact environment (sparring offered after Green Gloves).

**High Cardio Boxing/Circuits
Morning & Evening Classes
7 days a week**

Lose Weight, Gain Tone and Endurance

Find the fun involved with hitting a heavy bag, gain a full body tone and stun your friends with how fit you get!

**Boxing Boot Camp
3-5 days a week
Monday- Friday
6:00am-7:00 am**

Want to get it done before work? Get your sweat on in this challenging and fun morning Boxing Bootcamp. Start your day with a knockout workout.

**Little Boxers
Age 7-10
Tuesday & Friday
10:45am-11:30am**

**School & Team Programs
Private, Semi & Group Training
Building Stronger Individuals
and Strengthening Teams**

As low as \$65/hour

**Drop Ins
Excludes Technical/Team
\$20 one time trial**

About Us



Griffins began it's unique training in 2000 when Owner/Coach Dave Brett began offering Boxing & Fitness classes at William Griffiths Recreation Centre in North Vancouver. Through word of mouth and the growing popularity of Boxing, it rapidly expanded and in 2005 Griffins relocated into our present 6000 square foot facility with a Membership of over 900 Clients.

Dave chose the name by combining the mascots of two local North Shore High Schools, being Carson Graham's "Eagle" (Dave's Alma Mater) and Hands-worth's "Lion". The Mythical creature, with the head and wings of an Eagle and body and tail of a Lion, denoting strength and fierce determination was aptly chosen to represent Griffins philosophy of Fitness.

Today Griffins NCCP recognized and BCRPA certified Coaches & Boxers support, train, teach and share their skills with Men, Women and Children from age 7 to age 70. All of our friendly, positive and motivated staff are committed to make your journey into Boxing a welcome and rewarding one. Your fitness goals are our only goal.

We offer a variety of programs to suit your personal needs and busy lifestyle. With early morning Boot Camp to late evening High Cardio Boxing and Technical Classes we are conveniently open 7 days a week.

Griffins also conducts Private Training for those requiring more tailored sessions, from individual One-on-One to larger group School & Team Training, either at our premises or yours.

Whether your goal is simply to improve your fitness level and quality of life or to step into the "Ring" and represent Griffins in competitive matches as a Member of our Junior, Senior or Elite Amateur Teams we will be in your corner all the way We look forward to seeing you,

Dave Brett and Staff
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North Vancouver, B.C.
604-980-1900
e-mail: info@griffinsboxing.com
web: www.griffinsboxing.com

Griffins

Boxing & Fitness

Training You for Life



125 West 1st Street
North Vancouver
604-980-1900


www.griffinsboxing.com



Training You for Life



Summer 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:00-7:00am	6:00-7:00 -Boot Camp-	6:00-7:00 -Boot Camp-	6:00-7:00 -Boot Camp-	6:00-7:00 -Boot Camp-	6:00-7:00 -Boot Camp-							
9:30-10:00am	9:30-10:30 -Cardio-		9:30-10:30 -Cardio-		9:30-10:30 -Cardio-	9:30-10:30 -Cardio-						
10:00-10:30am									10:00-11:00 -Adult Tech- All Levels			
10:30-11:00am		10:45-11:30 Little Boxers			10:45-11:30 Little Boxers	10:30-11:30 Team Sparring & Blue+	11:00-12:00 -Youth Tech- All Levels					
11:00-11:30am								11:30-12:00 -Tech Yellow & Green- All Ages				
11:30-12:00am		11:30-12:30 -Adult Tech- All Levels			11:30-12:30 -Adult Tech- All Levels		12:00-12:50 -Cardio-					
12:00-12:30pm	-Youth Sports Conditioning Camps-											
12:30-1:00pm											12:30-1:30 -Tech White- ALL AGES	
1:00-1:30pm												
1:30-3:30pm	June 22-26	July 13-17	July 27-31	August 10-14	August 24-28							
4:00-4:45pm	4:00-4:45 -Youth Tech- White & Yellow			4:00-4:45 -Youth Tech- White & Yellow		Private/Group Training	Private/Group Training					
4:45-5:00pm	4:45-5:30 -Youth Tech- G/B Conditional Sparring	4:30-5:30 -Youth Tech- All Levels	4:30-5:30 -Youth Tech- All Levels	4:45-5:30 -Youth Tech- Green & Blue	4:30-5:30 -Youth Tech- All Levels							
5:00-5:30pm												
5:30-6:00pm	5:30-6:30 Adult Tech G/B/R Cond. Sparring	5:40-6:30 -High Cardio-	5:30-6:30 Adult Tech Green/Blue/Red	5:40-6:30 -High Cardio-	5:30-6:30 -Adult Tech- White & Yellow							
6:00-6:30pm												
6:30-7:00pm	6:40-7:30 -Cardio-	6:40-7:30 -Cardio-	6:40-7:30 -Cardio-	6:40-7:30 -Cardio-	6:40-7:30 -Cardio-							
7:00-7:30pm												
7:30-8:00pm	7:30-8:30 -Adult Tech- White & Yellow	7:30-8:30 -Adult Tech- White & Yellow	7:30-8:30 -Adult Tech- White & Yellow	7:30-8:30 -Adult Tech- White & Yellow								
8:00-8:30pm						125 West 1 st Street North Vancouver 604-980-1900 www.griffinsboxing.com						
8:30-9:00pm	Private/Group Training	Private/Group Training	Private/Group Training	Private/Group Training	Private/Group Training							
9:00-9:30pm												