



# February 1st, 2019 - February 28th, 2019



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 - 6:50 am BOXFIT® Bootcamp				6:00 - 6:50 am BOXFIT® Circuit				6:00 - 6:50 am BOXFIT® Bootcamp		8:00 - 8:50 am BOXFIT® Booty *Community Class*			
Private Training		Private Training		Private Training		Private Training		Private Training		Private Training		9:00 - 9:50 am BOXFIT® Circuit	
9:30 - 10:20 am BOXFIT®		9:30 - 10:20 am BOXFIT® Circuit		9:30 - 10:20 am BOXFIT®		9:30 - 10:20 am BOXFIT® Circuit		9:30 - 10:20 am BOXFIT®		9:30 - 10:20 am BOXFIT®	9:30 - 10:15 am LITTLE BOXERS® (All levels)	Private Training	
10:45 - 11:35 am BOXFIT® Babes		10:30 - 11:25 am BOXTECH® (All levels)		10:45 - 11:35 am BOXFIT® Babes		10:30 - 11:25 am BOXTECH® (All levels)		10:45 - 11:35 am BOXFIT® Babes		10:30 - 11:25 am BOXTECH® (W/Y) (Youth & Adult)		10:00 - 10:50 am BOXFIT® FTB	
11:45 - 12:35 pm BOXFIT®		Private Training		11:45 - 12:35 pm BOXFIT®		Private Training		11:45 - 12:35 pm BOXFIT®		11:30 - 12:25 pm BOXTECH® (G/B+) (Youth & Adult)		11:00 - 11:55 am BOXTECH® (All levels)	
Private Training		3:30 - 4:00 pm LITTLE CHAMPS® (All levels)		Private Training		3:30 - 4:00 pm LITTLE CHAMPS® (All levels)		Private Training		Birthday Parties		12:00 - 12:55 pm BOXTECH® Youth (All levels)	
4:00pm - Intro to LITTLE BOXERS® and LITTLE CHAMPS® *Pre Booking req.*													
4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:50 pm BOXFIT® Booty *Community Class*	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:50 pm BOXFIT®	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:50 pm BOXFIT® Circuit	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:50 pm BOXFIT®	4:00 - 4:50 pm BOXFIT® Tech *Community Class*				Birthday Parties	
4:45 - 5:30 pm BOXTECH® Youth (W)	4:45 - 5:30 pm BOXTECH® Youth (Y/G)	4:45 - 5:30 pm BOXTECH® Youth (W)	4:45 - 5:30 pm BOXTECH® Youth (Y)	4:45 - 5:30 pm BOXTECH® Youth (G/B+)	4:45 - 5:30 pm BOXFIT® Youth	4:45 - 5:30 pm BOXTECH® Youth (All levels)		4:30 - 5:20 pm BOXTECH® Youth (All levels)					
5:30 - 7:30 pm BOXTECH® Team RED / BLACK	5:40 - 6:30 pm BOXFIT®	5:35 - 6:25 pm BOXFIT® Pink	5:40 - 6:30 pm BOXFIT®	5:35 - 6:30 pm BOXTECH® Youth (W/Y)	5:30 - 7:00 pm BOXTECH® Team RED/BLACK	5:35 - 6:25 pm BOXFIT® Pink	5:40 - 6:30 pm BOXFIT®	5:30 - 6:20 pm BOXTECH® (All levels)	5:30 - 7:00 pm BOXTECH® Team RED/BLACK				
6:35-7:30 pm BOXTECH® (B+) SPARRING	6:35-7:30 pm BOXTECH® Youth (B+) SPARRING	6:35-7:30 pm BOXTECH® (G/B+)	6:35-7:30 pm BOXTECH® Youth (G/B+)	6:40 - 7:30 pm BOXFIT® Roadwork *Community Class*	6:35 - 7:30 pm BOXTECH® (W/Y)	6:40 - 7:30 pm BOXFIT®	6:35 - 7:30 pm BOXTECH® (W/Y)	6:40 - 7:30 pm BOXFIT® Tone *Community Class*	6:40 - 7:30 pm BOXFIT® Brews				
7:35 - 8:30 pm BOXTECH® (All Levels)	7:40 - 8:30 pm BOXFIT® Circuit	7:35 - 8:30 pm BOXTECH® (W/Y)	7:40 - 8:30 pm BOXFIT®	7:35 - 8:30 pm BOXTECH® (G/B) + Spar		7:35 - 8:30 pm BOXTECH® (G/B+)	7:40 - 8:30 pm BOXFIT® Circuit						
Private Sports Teams Training		Private Sports Teams Training		Private Sports Teams Training		Private Sports Teams Training							

### HOURS OF OPERATION

Monday: 6:00-7:00am & 9:00am - 8:30pm  
 Tuesday: 9:00am - 8:30pm  
 Wednesday: 6:00-7:00am & 9:00am - 8:30pm  
 Thursday: 9:00am - 8:30pm  
 Friday: 6:00-7:00am & 9:00am - 7:30pm  
 Saturday: 8:00am - 1:00pm Sunday: 9:00am - 1:00pm

### GRIFFINS BOXING & FITNESS

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