



January 2nd, 2019 - January 31st, 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®		9:30am - Intro to LITTLE BOXERS® and LITTLE CHAMPS® *Pre Booking req.*		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		9:30 - 10:20 am BOXFIT®		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®		9:30 - 10:15 am LITTLE BOXERS® (All levels)		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		10:30 - 11:25 am BOXTECH® (W/Y) (Youth & Adult)		12:00 - 12:55 pm BOXTECH® Youth (All levels)	
4:00pm - Intro to LITTLE BOXERS® and LITTLE CHAMPS® *Pre Booking req.*										11:30 - 12:25 pm BOXTECH® (G/B+) (Youth & Adult)			
4:00 - 4:45 pm LITTLE BOXERS® (All levels)		4:00 - 4:45 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® 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		4:30 - 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	
		6:35-7:30 pm BOXTECH® Youth (B+) SPARRING		6:35-7:30 pm BOXTECH® Youth (B+) SPARRING		6:35-7:30 pm BOXTECH® Youth (G/B+)		6:35-7:30 pm BOXTECH® Youth (G/B+)		6:40 - 7:30 pm BOXFIT® Roadwork *Community Class*		6:40 - 7:30 pm BOXFIT®	
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		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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