



# September 1st, 2019 - September 30th, 2019



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
6:00 - 6:50 am BOXFIT® Bootcamp		Private Training		6:00 - 6:50 am BOXFIT® Circuit		Private Training		6:00 - 6:50 am BOXFIT® Bootcamp		8:00 - 8:50 am BOXFIT® Booty *Community Class*		9:00 - 9:50 am BOXFIT® Circuit			
Private Training				Private Training				Private Training		Private Training				Private Training	
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			
10:30 - 11:25 am BOXTECH® (All levels)		10:40 - 11:30 am BOXFIT® Babes		10:30 - 11:25 am BOXTECH® (All levels)		10:40 - 11:30 am BOXFIT® Babes		10:30 - 11:25 am BOXTECH® (All levels)		10:30 - 11:25 am BOXTECH® (W/Y) (Youth & Adult)		10:00 - 10:50 am BOXFIT® FTB			
School and Sport Training		School and Sport Training		School and Sport Training		School and Sport Training		School and Sport Training		11:30 - 12:25 pm BOXTECH® (G/B+) (Youth & Adult)		11:00 - 11:50 am BOXTECH® (All levels)			
		3:40 - 4:10 pm LITTLE CHAMPS® (All levels)								3:40 - 4:10 pm LITTLE CHAMPS® (All levels)		3:40 - 4:10 pm LITTLE CHAMPS® (All levels)		12:00 - 12:50 pm BOXTECH® Youth (All levels)	
4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:45 pm BOXFIT® Youth	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 - 4:55 pm BOXTECH® Youth (All levels)	4:00 - 4:50 pm BOXFIT® Tech *Community Class*	Birthday Parties		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) + Spar
5:30 - 7:30 pm BOXTECH® Team RED / BLACK		5:35 - 6:30 pm BOXTECH® Heavy Bags/Targets *Community Class*	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)	5:35 - 6:30 pm BOXTECH® Heavy Bags/Targets *Community Class*	5:30 - 7:00 pm BOXTECH® Team RED/BLACK		5:35 - 6:25 pm BOXFIT® Pink	5:40 - 6:30 pm BOXFIT®	6:00 - 6:50 pm BOXFIT® Brews		<b>HOURS OF OPERATION</b> 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  <b>GRIFFINS BOXING &amp; FITNESS</b> 326 E. Esplanade Ave North Vancouver, BC V7L 1A4 604-980-1900 www.griffinsboxing.com	
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® (W/Y)	6:40 - 7:30 pm BOXFIT®	6:35 - 7:30 pm BOXTECH® (W/Y)			
Private Sports Teams Training		Private Sports Teams Training		Private Sports Teams Training		Private Sports Teams Training		Private Sports Teams Training							