



# LIVE CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:30 am BOXFIT®		8:00 - 8:30 am BOXFIT®		8:00 - 8:30 am BOXFIT®		
					9:00 - 9:30 am LITTLE BOXERS®/ LITTLE CHAMPS® (All levels)	
9:30 - 10:00 am BOXFIT®	9:30 - 10:00 am BOXFIT®	9:30 - 10:00 am BOXFIT®	9:30 - 10:00 am BOXFIT®	9:30 - 10:00 am BOXFIT®	9:30 - 10:00 am BOXFIT®	9:30 - 10:00 am BOXFIT®
10:30 - 11:00 am BOXTECH® (All levels)		10:30 - 11:00 am BOXTECH® (All levels)		10:30 - 11:00 am BOXTECH® (All levels)	10:30 - 11:00 am BOXTECH® (W/Y) (Youth & Adult)	10:30 - 11:00 am BOXTECH® (W/Y) (Youth & Adult)
					11:30 - 12:00 pm BOXTECH® (G/B+) (Youth & Adult)	11:30 - 12:00 pm BOXTECH® (G/B) (Youth & Adult)
3:00 - 3:30 pm LITTLE BOXERS® (All levels)	3:00 - 3:30 pm LITTLE CHAMPS® (All levels)	3:00 - 3:30 pm LITTLE BOXERS® (All levels)	3:00 - 3:30 pm LITTLE CHAMPS® (All levels)			
4:00 - 4:30 pm BOXFIT®	4:00 - 4:30 pm BOXFIT®	4:00 - 4:30 pm BOXFIT®	4:00 - 4:30 pm BOXFIT®	4:00 - 4:30 pm BOXFIT®		
5:00 - 5:30 pm BOXTECH® (W/Y) (Youth & Adult)	5:00 - 5:30 pm BOXTECH® (W/Y) (Youth & Adult)	5:00 - 5:30 pm BOXTECH® (W/Y) (Youth & Adult)	5:00 - 5:30 pm BOXTECH® (W/Y) (Youth & Adult)	5:00 - 5:30 pm BOXTECH® (W/Y) (Youth & Adult)	<b>GRIFFINS BOXING &amp; FITNESS</b> 326 E. Esplande Ave North Vancouver, BC V7L 1A4 604-980-1900 www.griffinsboxing.com	
6:00 - 6:30 pm BOXFIT®	6:00 - 6:30 pm BOXFIT®	6:00 - 6:30 pm BOXFIT®	6:00 - 6:30 pm BOXFIT®	6:00 - 6:30 pm BOXTECH® (G/B+) (Youth & Adult)		
7:00 - 7:30 pm BOXTECH® (G/B+) (Youth & Adult)	7:00 - 7:30 pm BOXTECH® (G/B+) (Youth & Adult)	7:00 - 7:30 pm BOXTECH® (G/B+) (Youth & Adult)	7:00 - 7:30 pm BOXTECH® (G/B+) (Youth & Adult)			