



September 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 - 6:45 am BOXFIT*		6:00 - 6:45 am BOXFIT*		6:00 - 6:45 am BOXFIT*			
	8:00 - 8:45 am BOXFIT*		8:00 - 8:45 am BOXFIT*		8:00 - 8:45 am BOXFIT*		
9:30 - 10:15 am BOXFIT*	9:00 - 9:45 am BOXTECH* (All Levels)	9:30 - 10:15 am BOXFIT*	9:30 - 10:15 am BOXFIT* Babes New Moms and Babies	9:30 - 10:15 am BOXFIT*	9:00 - 9:45 am BOXFIT* Booty (Community Class)	9:00 - 9:45 am BOXFIT*	
					10:00 - 10:45 am BOXTECH* Youth and Adult (W/Y)	10:00 - 10:45 am BOXTECH* (All Levels)	
					11:00 - 11:45 am BOXTECH* Youth and Adult (G/B)	11:00 - 11:45 am BOXTECH* Youth (All Levels)	
3:15 - 4:00 pm LITTLE BOXERS* (All Levels)	3:15 - 3:45 pm LITTLE CHAMPS* (All Levels)	3:15 - 4:00 pm LITTLE BOXERS* (All Levels)	3:15 - 3:45 pm LITTLE CHAMPS* (All Levels)		<p align="center">GRIFFINS BOXING & FITNESS 326 E. Esplanade Ave North Vancouver, BC V7L 1A4 604-980-1900 www.griffinsboxing.com</p>		
4:00 - 4:45 pm BOXTECH* Youth (All Levels)	4:00 - 4:45pm BOXFIT* 4:00 - 4:45 pm BOXFIT* Youth (All Levels)	4:00 - 4:45 pm BOXTECH* Youth (W/Y/G)	4:00 - 4:45 pm BOXFIT* 4:00 - 4:45 pm BOXFIT* Youth (All Levels)	4:00 - 4:45 pm BOXFIT* Circuit			
5:00 - 5:45 pm BOXFIT*	5:00 - 5:45 pm BOXTECH* Youth (All Levels)	5:00 - 5:45 pm BOXFIT* 5:00 - 5:45 pm BOXTECH* Youth (B+)	5:00 - 5:45 pm BOXTECH* Youth (All Levels)	5:00 - 5:45 pm BOXTECH* Youth (All Levels)			
6:00 - 6:45 pm BOXTECH* (W/Y)	6:00 - 6:45 pm BOXFIT* Pink BC Survivors	6:00 - 6:45 pm BOXTECH* (W/Y)	6:00 - 6:45 pm AMATEUR Team (R/B)	6:00 - 6:45 pm BOXTECH* 6:00 - 6:45 pm BOXFIT* Mitts (Community Class)			5:30 - 7:00 pm Amateur team (Red/Black)
7:00 - 7:45 pm BOXTECH* (G/B+)	7:00 - 7:45 pm BOXTECH* (All Levels)	7:00 - 7:45 pm BOXTECH* (G/B+)	7:00 - 7:45 pm BOXTECH* (G/B+)	6:00 - 6:45 pm BOXTECH* (All Levels)			