



November 1 - November 30, 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®			
9:30 - 10:15 am BOXFIT®		9:30 - 10:15 am BOXFIT®		9:30 - 10:15 am BOXFIT®		9:30 - 10:15 am BOXFIT®		9:30 - 10:15 am BOXFIT®		9:00 - 9:45 am LITTLE CHAMPS®	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)	
						10:30 - 11:15 am BOXFIT® Babes New Moms and Babies				11:00 - 11:45 am BOXTECH® Youth and Adult (G/B)		11:00 - 11:45 am BOXTECH® Youth (All levels)	
		3:30 - 4:00 pm LITTLE CHAMPS® (All levels)						3:30 - 4:00 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 (Y/G/B+)	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:45 pm BOXFIT®	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:45 pm BOXTECH® Youth (W/Y/G)	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:45 pm BOXFIT®	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:45 pm BOXFIT® Circuit					
5:00 - 5:45 pm BOXFIT®	5:00 - 5:45 pm BOXTECH® Youth (W)	5:00 - 5:45 pm BOXFIT® Youth (All Levels)	5:00 - 5:45 pm BOXTECH® Youth (All levels)	5:00 - 5:45 pm BOXFIT®	5:00 - 5:45 pm BOXTECH® Youth (B+ Spar)	5:00 - 5:45 pm BOXFIT® Youth (All Levels)	5:00 - 5:45 pm BOXTECH® Youth (W/Y)	5:00 - 5:45 pm BOXTECH® Youth (All Levels)					
6:00 - 6:45 pm BOXTECH® (W/Y/G)	6:00 - 7:30 pm AMATEUR Team (Red/Black)	6:00 - 6:45 pm BOXFIT® Booty (Community Class)	6:00 - 6:45 pm BOXFIT® Pink BC Survivors	6:00 - 6:45 pm BOXTECH® (W)	6:00 - 7:30 pm AMATEUR Team (Red/Black)	6:00 - 6:45 pm BOXFIT®	6:00 - 6:45 pm BOXTECH® Youth (G/B+)	6:00 - 6:45 pm BOXTECH® (All levels)	6:00 - 7:30 pm AMATEUR Team (Red/Black)				
7:00 - 7:45 pm BOXTECH® (B + Spar)		7:00 - 7:45 pm BOXTECH® (All levels)		7:00 - 7:45 pm BOXTECH® (Y/G/B+)		7:00 - 7:45 pm BOXTECH® (All levels)							