



January 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 - 6:45 am BOXFIT® Open Gym	Private Training	6:00 - 6:45 am BOXFIT® Open Gym	Private Training	6:00 - 6:45 am BOXFIT® Open Gym	Private Training			
Private Training		9:30 - 10:15 am BOXFIT® Open Gym		9:30 - 10:15 am Virtual BOXFIT®	9:30 - 10:15 am BOXFIT® Open Gym	9:30 - 10:15 am Virtual BOXFIT®	8:00 - 8:45 am BOXFIT® Open Gym	8:00 - 8:45 am Virtual BOXFIT®
	Private Training		Private Training		9:00 - 9:45 am LITTLE CHAMPS® (All levels)			
	3:30 - 4:00 pm LITTLE CHAMPS® (All levels)		3:30 - 4:00 pm LITTLE CHAMPS® (All levels)		9:00 - 9:45 am BOXFIT® Open Gym			
	4:00 - 4:45 pm BOXTECH® Youth (All levels)	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	4:00 - 4:45 pm BOXTECH® Youth (All levels)	4:00 - 4:45 pm LITTLE BOXERS® (All levels)	9:00 - 9:45 am Virtual BOXFIT®	9:00 - 9:45 am Virtual BOXFIT®	
5:00 - 5:45 pm BOXFIT® Open Gym	5:00 - 5:45 pm Virtual BOXFIT®	5:00 - 5:45 pm BOXFIT® Youth Open Gym (All levels)	5:00 - 5:45 pm BOXTECH® Youth (All levels)	5:00 - 5:45 pm BOXFIT® Youth Open Gym (All levels)	5:00 - 5:45 pm Virtual BOXFIT®	5:00 - 5:45 pm BOXFIT® Youth Open Gym (All levels)		
6:00 - 6:45 pm BOXTECH® Open Gym (All levels)	6:00 - 7:30 pm AMATEUR Team Open Gym (Red/Black)	6:00 - 6:45 pm BOXFIT® Open Gym	6:00 - 6:45 pm BOXTECH® Open Gym (All levels)	6:00 - 7:30 pm AMATEUR Team Open Gym (Red/Black)	6:00 - 6:45 pm BOXFIT® Open Gym	6:00 - 6:45 pm Virtual BOXFIT®	6:00 - 6:45 pm BOXTECH® Open Gym (All levels)	6:00 - 7:30 pm AMATEUR Team Open Gym (Red/Black)
Private Training	7:00 - 7:45 pm BOXTECH® Open Gym (All levels)	Private Training	7:00 - 7:45 pm BOXTECH® Open Gym (All levels)	Private Training	GRIFFINS BOXING & FITNESS 326 E. Esplanade Ave North Vancouver, BC V7L 1A4 604-980-1900 www.griffinsboxing.com			