



# November 1st - November 30th, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 am BOXFIT® Bootcamp		6:00 - 6:50 am BOXFIT® Bootcamp		6:00 - 6:50 am BOXFIT® Bootcamp		
9:30 - 10:20 am BOXFIT® Circuit	9:30 - 10:20 am BOXFIT® Strength	9:30 - 10:20 am BOXTECH® (All levels)	9:30 - 10:20 am BOXFIT® Booty	9:30 - 10:20 am BOXFIT®	9:30 - 10:20 am LITTLE CHAMPS® (All levels) LITTLE BOXERS® (All levels)	9:30 - 10:20 am BOXFIT® Circuit
					10:30 - 11:20 am BOXTECH® Youth & Adult (W/Y)	10:30 - 11:20 am BOXTECH® (All levels)
					11:30 - 12:20 pm BOXTECH® Youth & Adult (G/B+)	11:30 - 12:20 pm BOXTECH® Youth (All levels)
						12:30 - 1:20 pm BOXTECH® Youth & Adult (Blue Sparring)
4:00 - 4:50 pm LITTLE BOXERS® (All levels)	3:45 - 4:20 pm LITTLE CHAMPS® (All levels)	4:00 - 4:50 pm LITTLE BOXERS® (All levels)	3:45 - 4:20 pm LITTLE CHAMPS® (All levels)	4:00 - 4:50 pm LITTLE CHAMPS® (All levels)	4:00 - 4:50 pm BOXTECH® Youth (All levels)	
4:00 - 4:50 pm BOXFIT® Circuit	3:00 - 4:30 pm BOXTECH® Team High Performance (Red/Black)	4:00 - 4:50 pm BOXFIT®	3:00 - 4:30 pm BOXTECH® Team High Performance (Red/Black)	4:00 - 4:50 pm BOXTECH® Youth (All levels)		
5:00 - 5:30 pm LITTLE BOXERS® (Blue Sparring)	4:30 - 5:20 pm LITTLE BOXERS® (All levels)	5:00 - 5:30 pm LITTLE BOXERS® (Blue Sparring)	4:30 - 5:20 pm LITTLE BOXERS® (All levels)	5:00 - 5:50 pm BOXTECH® (All levels)	5:00 - 5:50 pm BOXFIT® Circuit	
5:00 - 5:50 pm BOXTECH® Youth (W)	4:30 - 5:20 pm BOXTECH® Youth (W/Y)	5:00 - 5:50 pm BOXTECH® Youth (W/Y)	4:30 - 5:20 pm BOXTECH® Youth (W/Y)	5:00 - 5:50 pm BOXTECH® Youth (G/B+)		
5:00 - 5:50 pm BOXTECH® Youth (Y/G/B+) & (Blue Sparring)	5:30 - 6:20 pm BOXTECH® Youth (G/B+)	5:30 - 6:20 pm BOXFIT® Pink	5:30 - 6:20 pm BOXTECH® Youth (G/B+)			
6:00 - 7:30 pm BOXTECH® Team Development & High Performance (Red/Black)	6:30 - 7:20 pm BOXTECH® (W/Y)	6:00 - 7:30 pm BOXTECH® Team Development & High Performance (Red/Black)	6:30 - 7:20 pm BOXTECH® (W/Y)	6:00 - 7:30 pm BOXTECH® Team Development & High Performance (Red/Black)		
6:00 - 6:50 pm BOXFIT®	6:30 - 7:20 pm BOXFIT®	6:00 - 6:50 pm BOXFIT®	6:30 - 7:20 pm BOXFIT®			
7:00 - 7:50 pm BOXTECH® (All levels)	7:30 - 8:20 pm BOXTECH® (G/B+)	7:00 - 7:50 pm BOXTECH® (All levels)	7:30 - 8:20 pm BOXTECH® (G/B+)			
		7:45 - 8:20 pm BOXTECH® (Blue Sparring)				

**GRIFFINS BOXING & FITNESS**  
 326 E. Esplanade Ave  
 North Vancouver, BC V7L 1A4  
 604-980-1900  
[www.griffinsboxing.com](http://www.griffinsboxing.com)