

April Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-11 AM Over 55's	10.30-11.30 AM Fightback Club Boxing vs Parkinsons			9-11 AM Open Gym
4-5 PM 1-2-1 Technique with Coach Erin	4.30-5.30 1-2-1 Pads and Technique with Coach Ashto		4.30-5.30 1-2-1 Pads and Technique with Coach Ashton	4-5 PM 1-2-1 Technique with Coach Erin	4.30-5.30 1-2-1 Pads and Technique with Coach Ashton
5-6 PM Cadets				5-6 PM 1-2-1 Technique with Coach Erin	
6-7 PM Junior Competition	6-7 PM Ladies That Punch	6-7 PM Junior Competition	6-7 PM Junior Recreational	6-7 PM Junior Competition	
7-8 PM Senior Competition	7-8 PM Fighting Fit	7-8 PM Senior Competition	7-8 PM Senior Recreational	7-8 PM Senior Competition	

Amateur Boxing

Recreational Boxing

Community Boxing

1-2-1's