

November 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 Beginners with Coach Zoe	4.30-5.30 1-2-1 Pads and Tech with Coach Ashton		4.30-5.30 1-2-1 Pads and Technique with Coach Ashton	4-5 PM 1-2-1 Technique with Coach Erin	
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