



Timetable November 2018



JOE'S BOXING CLUB
SYDNEY

DAY	TIME	DESCRIPTION	Level
Monday	4:00pm – 5:00pm	Kids Boxing	Kids 12 yrs <
	5:00pm – 6:00 pm	Youth Boxing	Youth 13yrs-19yrs
	6:00pm – 7:00pm	Boxing plus Fitness	Adult
	7.00pm - 8.00pm	Technical Boxing	Adult
	8:00pm – 9.00pm	Beginners Sparring	Adult
Tuesday	10:30am - 11:30am	General Boxing Class	Adult
	3:00pm - 4:00pm	Crossfit HIT	Adult (apply to Joe)
	4:00pm – 5:00pm	Top Ten	Kids 12 yrs < (apply to Joe)
	5:00pm - 6:00pm	Youth Boxing	Youth 13yrs-19yrs
	6:00pm – 7:00pm	Boxing plus Fitness	Adult
	7.00pm - 8.00pm	Technical Boxing	Adult
	8:00pm – 9.00pm	Advanced	Adult (Ready to Fight)
Wednesday	10:30am - 11:30am	General Boxing Class	Adult
	3:00pm - 4:00pm	Crossfit HIT	Adult (apply to Joe)
	4:00pm – 5:00pm	Kids Boxing	Kids 12 yrs <
	5:00pm – 6:00 pm	Youth Boxing	Youth 13yrs-19yrs
	6:00pm – 7:00pm	Boxing plus Fitness	Adult
	7.00pm - 8.00pm	Technical Boxing	Adult
	8:00pm – 9.00pm	Advanced	Adult (Intermediate Sparring)
Thursday	10:30am - 11:30am	General Boxing Class	Adult
	3:00pm - 4:00pm	Crossfit HIT	Adult (apply to Joe)
	4:00pm – 5:00pm	Top Ten	Youth (apply to Joe)
	5:00pm – 6:00 pm	Youth Boxing	Youth 13yrs-19yrs
	6:00pm – 7:00pm	Boxing plus Fitness	Adult
	7.00pm - 8.00pm	Technical Boxing	Adult
	8:00pm – 9.00pm	Advanced	Adult (Advanced sparring)
Saturday	8:00am - 9:00am	General Boxing Class	Adult
	9:00am – 10:00am	Competitors	Adult (apply to Joe)
	11:00am- 12:00pm	Top Ten	Adult (apply to Joe)
	12:00pm – 1:00pm	Kids Boxing	Kids 12 yrs <
	1:00pm – 2:00pm	Youth/Advanced Kids	Kids 12 yrs </Youth
	2:00pm - 3:00pm	New Members Class	Adult
	3:00pm - 4.00pm	General Boxing Class	Adult
	4:00pm – 4.30pm	Women's Sparring	Adult

www.joesboxing.com.au

Telephone: 9715 2083 Mobile: 0418 217 244

**Please make an appointment before attending your first class*