



Timetable October 2023 www.joesboxing.com.au

DAY	TIME	DESCRIPTION	Level
Monday	4:20pm – 5:00pm	Kids Boxing	Kids 8-12 yrs
	5:00pm – 6:00 pm	Youth Boxing	Youth 13yrs-17yrs
	6:00pm – 7:00pm	Beginner Boxing	Adult All Members
	7.00pm - 8.00pm	Skills & Fitness	Adult All Members
	8:00pm – 9.00pm	Beginners Sparring	Adult All Members
Tuesday	10:30am - 11:30am	Boxing Class	Adult All Members
	4:30pm – 5:00pm	Top Ten	By Invitation only
	5:00pm - 6:00pm	Youth Advanced	Youth Black Shirt Program
	6:00pm – 7:00pm	Boxing Advanced	Adult Black Shirt Program
	7.00pm - 9:00pm	Ready to Fight	Adult Black Shirt Program
Wednesday	10:30am - 11:30am	Skills and Fitness	Adult All Members
	4:20pm – 5:00pm	Kids Boxing	Kids 8-12 yrs
	5:00pm – 6:00 pm	Youth Boxing	Youth 13yrs-17yrs
	6:00pm – 7:00pm	Skills & Fitness	Adult All Members
	7.00pm - 8.00pm	Beginners Boxing	Adult All Members
Thursday	10:30am - 11:30am	General Boxing Class	Adult All Members
	4:30pm – 5:00pm	Top Ten	By Invitation only
	5:00pm – 6:00 pm	Youth Advanced	Youth Black Shirt Program
	6:00pm – 7:00pm	Boxing Advanced	Adult Black Shirt Program
	7.00pm - 8.00pm	Boxing Advanced	Adult Black Shirt Program
	8:00pm – 9.00pm	Advanced Sparring	Adult Black Shirt Program
Saturday	8:00am - 9:00am	General Boxing	Adult All Members
	11:30am- 12:00pm	Kids Boxing	Kids 7yrs <
	12:00pm – 1:00pm	Kids Boxing	Kids 8-12 yrs
	1:00pm – 2:00pm	Youth Boxing	Youth 13yrs-17yrs
	2:00pm-2.30pm	Youth Sparring	Youth 13yrs-17yrs
	2:30pm - 3:00pm	New Members Class	Adult Induction
	3:00pm - 4.00pm	Beginner Boxing	Adult All Members
	4:00pm – 4.30pm	Women's Sparring	Adult All Members