**Southport Star Amateur Boxing club**

**Weekly Schedule Starting from 27/01/2020.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **09:30** |  |  | **LADIES**  **ONLY CIRCUIT** |  |  | **BOXFIT** |
|  |  |  |  |  |  |  |
| **17:15** | **KIDS**  **BOXING&FITNESS**  **AGES 7-11** |  | **KIDS**  **BOXING&FITNESS**  **AGES 7-11** |  | **KIDS**  **BOXING&FITNESS**  **AGES 7-11** |  |
| **18:00** | **KIDS**  **BOXING&FITNESS**  **AGES 12+** |  | **KIDS**  **BOXING&FITNESS**  **AGES 12+** |  | **KIDS**  **BOXING&FITNESS**  **AGES 12+** |  |
| **18:00** |  |  |  |  | **STAR CIRCUIT** |  |
| **18:45** |  | **BOXFIT** |  | **BOXFIT** |  |  |
| **19:00** | **STAR CIRCUIT** |  | **ADULTS BOXING** |  | **ADULTS BOXING** |  |

**ALSO:**

**1-2-1 & PRIVATE GROUP TRAINING AVAILABLE ALL DAY EVERYDAY**