

A.R.D. CLASS TIMETABLE

Monday	Junior Boxing (4:30-5:30pm) <i><u>Ages 10-16</u></i>	Senior Boxing (6:30-8pm) <i><u>Ages 17+</u></i>
Tuesday	Senior Boxing (7-8pm) <i><u>Ages 17+</u></i>	
Wednesday	Junior Boxing (4:30-5:30pm) <i><u>Ages 10-16</u></i>	Senior Boxing (6:30-8pm) <i><u>Ages 17+</u></i>
Thursday	Fighters Squad Training (7-8pm) <i><u>Ages 17+</u></i>	
Friday	Boxing for Fitness (6-7pm) <i><u>Ages 16+</u></i>	
Saturday	Beginners Boxing (10-11am) <i><u>Ages 17+</u></i>	
Sunday	Beginners Boxing (8:30-10:30am) <i><u>Ages 17+</u></i>	

KEY
Members Classes
Open to Members & Non Members

**Before
showing up
to classes
please get
in touch!**

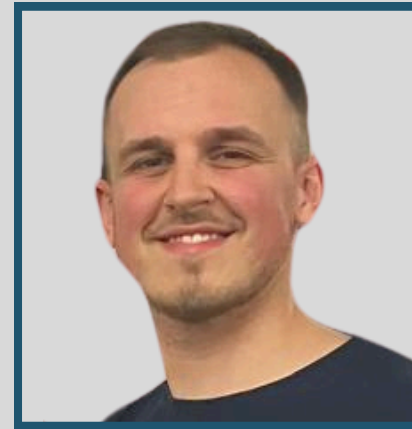


ANDRE DALTREY

Andre's Classes:

Tuesday
Thursday

Available for PT
throughout the
week



TYLER WHITE

Tyler's Classes:

Monday
Wednesday

Available for PT
throughout the
week



PHIL ASHDOWN

Phil's Classes:

Friday
Saturday

Available for PT
throughout the
week



ADAM HENRY

Adam's Class:

Sunday

Available for PT
throughout the
week