



Windsor Boxing Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|-----------------------------------|-------------------------|-----------------------------------|--------|-------------|
| 5.45am | 5.45am | 5.45am | 5.45am | 5.45am | |
| 7:00am | 7:00am | 7:00am | 7:00am | 7:00am | 7:00am |
| 8.00am New member technique | 8.00am New member technique | | 8.00am New member technique | | 8:00am |
| 9.00am | 9.00am | 9.00am | 9.00am | 9.00am | 9:15am YOGA |
| | | | | | |
| 4.00pm | 4.00pm | 4.00pm | | | |
| | 5.00pm | 5.00pm | 5.00pm | | |
| 6:00pm | 6:00pm | 6:00pm | 6:00pm | | |
| 7:00pm | | New member technique | 7:00pm | | |

All classes are 50 min programs. Please be wrapped and ready to start 10 min before this time.