



Suffolk Punch Boxing Club Timetable

www.grangefitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		ABS BLAST & CYCLE CONDITIONING 06:30 - 07:30			The Full 12 Rounds 08:00 - 09:00	Thump Boxing 08:45 - 09:45
		Thump Boxing 10:30 - 11:30		Mixed Boxing 12:00 - 13:00	Womens Boxing 09:00 - 10:00	
Mixed Boxing 12:00 - 13:00		Mini Rockets 16:00 - 16:30				
Junior Boxing 16:30 - 17:30	Rocky Rockets 16:30 - 17:15	Junior Boxing 16:30 - 17:30		Junior Boxing 16:30 - 17:30		
Mixed Boxing 17:30 - 18:30	The Full 12 Rounds 17:30 - 18:30	Beginner Boxing 17:30 - 18:30	Mixed Boxing 17:00 - 18:00	Thump Boxing 17:30 - 18:30		
Beginner Boxing 18:30 - 19:30	Mixed Boxing 18:30 - 19:30	Mixed Boxing 18:30 - 19:30	Beginner Boxing 18:00 - 19:00	Mixed Boxing 18:30 - 19:30		
Sparring 19:30 - 21:00	Intermediate Boxing 19:30 - 20:30	Charity Boxing 19:30 - 21:00	Intermediate Boxing 19:00 - 20:00	Sparring 19:30 - 21:00		
			Womens Boxing 20:00 - 21:00			

Mixed Boxing: A boxing class for all skill levels (16+).

Beginner Boxing: A class mainly targeted at beginner level boxers and first timers.

Thump Boxing: A fitness-based boxing class for all levels.

Intermediate Boxing: A class for our intermediate or advanced boxers who are ready for sparring or are in transition for sparring.

Junior Boxing: Technical, fitness & fun for all abilities - 12-16 year olds.

Rocky Rockets: Technical, fitness & fun for all abilities - 8-11 year olds.

Mini Rockets: Technical, fitness & fun for all abilities - 5-7 year olds.

Abs Blast: A core-based class centred around functional movement.

Cycle Conditioning: A class which consists of 30 minutes' conditioning on the air assault bikes!

The Full 12 rounds: A conditioning circuit based class aimed at boxers but certainly not just for boxers

Womens Boxing: A class dedicated to females only who want to feel more confident in their environment

Sparring: A session for our competitive boxers who are in or scheduled for competition

Open Gym (boxing) Times

Please see online timetable