



**CORPORATE BOX GYM IPSWICH**  
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# GYM CLASS / PADS / SPARRING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>EXPRESS MORNING CLASS</b> 5.30AM - 6.15AM		<b>EXPRESS MORNING CLASS</b> 5.30AM - 6.15AM		<b>PURE BOXING CLASS</b> 8.00AM - 9.00AM
<b>PADS</b> 6.00AM - 10.00AM 2.00PM - 7.00PM	<b>PADS</b> 6.00AM - 10.00AM 2.00PM - 7.00PM	<b>PADS</b> 6.00AM - 10.00AM 2.00PM - 7.00PM	<b>PADS</b> 6.00AM - 10.00AM 2.00PM - 7.00PM	<b>PADS</b> 6.00AM - 10.00AM 2.00PM - 7.00PM	<b>SUPERVISED SPARRING</b> 9.00AM - 11.00AM
	<b>KIDS CLASSES</b> 4.00PM - 4.45PM	<b>SUPERVISED SPARRING</b> 3.00PM - 7.00PM	<b>KIDS CLASSES</b> 4.00PM - 4.45PM		
<b>FEMALE ONLY CLASS</b> 5.30PM - 6.30PM	<b>FEMALE ONLY CLASS</b> 5.30PM - 6.30PM	<b>FEMALE ONLY CLASS</b> 5.30PM - 6.30PM	<b>FEMALE ONLY CLASS</b> 5.30PM - 6.30PM		
<b>BRAZILIAN JIU-JITSU</b> 6.00PM - 7.30PM	<b>AUTHENTIC THAI BOXING</b> 6.30PM - 7.30PM	<b>BRAZILIAN JIU-JITSU</b> 6.00PM - 7.30PM	<b>AUTHENTIC THAI BOXING</b> 6.30PM - 7.30PM		
<b>PURE BOXING CLASS</b> 7.30PM - 8.30PM	<b>PURE BOXING CLASS</b> 7.30PM - 8.30PM	<b>PURE BOXING CLASS</b> 7.30PM - 8.30PM	<b>PURE BOXING CLASS</b> 7.30PM - 8.30PM		