

NELSON BOXING CLUB SCHEDULE (Starts Aug 21, 2023)

The Nelson Boxing Club is open Monday to Friday 7:00 AM to 8:00 PM, Saturday & Sunday 11:00 AM to 5:00 PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM	FITNESS GYM is OPEN 7am to 8pm Monday to Friday					CLOSED		
8:00 AM								HIIT Boxing 7:00
9:00 AM						Yoga 9-10:30am		
10:00 AM								
11:00 AM	FITNESS GYM is OPEN 11am to 5pm Saturday and Sunday					CLOSED		
NOON								
1:00 PM								
2:00 PM								
3:30 PM	TEAM A TRAINING 3:30 - 4:30	KIDS 3:30- 4:15	TEAM A TRAINING 3:30 - 4:30	KIDS 3:30- 4:15	TEAM SPARRING 4:00 - 6:00			
4:00 PM	TEAM B TRAINING 4:30 - 5:30	TEAM SPARRING 4:30 - 6:00	TEAM B TRAINING 4:30 - 5:30	OPEN BOXING 4:15-5:00				
5:00 PM	MIXED ADULT (12 +) 6:00		WOMEN 6:00		MIXED ADULT (12 +) 6:00			
6:00 PM								
7:00 PM								