

# G-SIX BOXING

## TUGGERAH MEMBERS' TIMETABLE

G-SIX TUGGERAH  
 REAR 7, JOULE PLACE  
 WWW.GSIXBOXING.COM.AU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

USE 24/7 PASS OUTSIDE OF CLASS HOURS

4.15PM	JUNIOR BOXING		JUNIOR BOXING		JUNIOR BOXING	6AM: CONDITIONING CLUB (FIRST 3 SATURDAY'S OF EVERY MONTH- OUTSIDE VENUE)  *THE LAST SATURDAY OF EACH MONTH IS RESERVED FOR DEVELOPMENT DAYS/ CLUB SPARRING*
5PM	OPEN BOXING (BEGINNER/ INTERMEDIATE)	PADWORK & TECH WORK	OPEN BOXING (BEGINNER/ INTERMEDIATE)	PADWORK & TECH WORK	OPEN BOXING (BEGINNER/ INTERMEDIATE)	
6PM	PADWORK & TECH WORK	BAGWORK & CONDITIONING CIRCUIT	PADWORK & TECH WORK	PARTNER DRILLS & RING WORK	CLUB SPARRING	
7PM	AMATEUR FIGHT TEAM	RED VS BLUE	AMATEUR FIGHT TEAM	RED VS BLUE		

### MEMBER'S TIMETABLE: FUNDAMENTAL BOXING FOR FITNESS & SKILL

THE AIM OF OUR MEMBERS CLASSES ARE TO IMPROVE MEMBERS' BOXING IQ, TECHNIQUE, FITNESS & SKILL - WITHOUT HAVING TO PROGRESS INTO FIGHT TEAMS.

MEMBERS ARE ALSO WELCOME TO ATTEND FRIDAY NIGHT CLUB SPARRING AS THIS SESSION CATERS TO ALL SKILL LEVELS.

### FIGHTERS & RED VS BLUE SESSIONS:

ARE FOR FIGHTERS BY INVITE ONLY- YOU MUST SPEAK TO THE HEAD COACH PRIOR TO ATTENDING