

2024

TIMETABLE



BOOK NOW! 0402747162

HIGHLEVEL

BOXING

FITNESS, CONDITIONING & AM/PRO BOXING TEAM

- MON - WED - FRI -

5AM - 6AM BOXING & CONDITIONING CIRCUIT

6AM - 7AM BOXING & CONDITIONING CIRCUIT

7AM - 9AM OPEN GYM

9AM - 10AM BOXING & CONDITIONING CIRCUIT

10AM - 4PM GYM CLOSED

4PM - 5PM KIDS CLASS (10YRS TO 16YRS OLD)

5PM - 6PM BOXING & CONDITIONING CIRCUIT

6PM - FIGHTERS CLASS

- TUE - THU -

5:30AM - 6:15AM BOX & BURN

6:15AM - 7AM BOX & BURN

7AM - 9AM OPEN GYM

9AM - 9:45AM BOX & BURN

9:45AM - 3PM GYM CLOSED

3PM - 4PM OPEN GYM

4:15PM - 5PM KIDS CLASS (5YRS TO 10YRS OLD)

5PM - 5:45PM BOX & BURN

5:45PM - FIGHTERS CLASS

SPARRING - TUE & FRI

JNR - 4:30PM

SNR - 5:45PM

SAT - 5:30AM NORRIS HEADLAND SPRINTS
7AM - 8AM BOX & BURN

WED - 10:30AM SOUTH BEACH KINGSCLIFF
SAND DUNE SPRINTS

highlevelboxinggym.com.au