


WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home Boxing 	8AM ABS/CORE (Miranda) 4PM BOXING (Jimmy) 6PM BOXING (Ibrahim)	11:45AM TDSB (Miranda) 2:30 Private Class (Jimmy) 4PM BOXING (Miranda) 6PM BOXING (Ibrahim)	4PM BOXING (Jimmy) 6PM BOXING (Ibrahim) 7PM Edmonton Group (Miranda)	4PM BOXING (Miranda) 6PM BOXING (Ibrahim)	4PM BOXING (Jimmy) 6PM BOXING (Ibrahim)	
Workouts  		KARAOKE TUESDAYS 7PM (Ibrahim)	WIN-IT WEDNESDAYS TRIVIA 7PM (Jimmy)	TKO THURSDAYS 7PM (Ibrahim)		SATURDAY HEALTHY FOOD CHOICES PICK-UP PROGRAM 12:30PM - 3PM
Social Activities						