



#WESTOXONBOXING

OUR TIMETABLE

MONDAY

- 10:00 – 11:00 : Daytime Box Fit (Child friendly)
- 17:00 – 17:45 : Kids Box Fit (ages 6–11)
- 18:00 – 19:00 : Boxing Skills & Drills (ages 15+)
- 19:00 – 20:00 : Boxing / Sparring (ages 15+)

TUESDAY

- 17:15 – 18:15 : Junior Boxing Skills & Drills (ages 11–16)

WEDNESDAY

- 17:30 – 18:15 : Kids Box Fit (ages 6–11)
- 18:30 – 19:30 : Boxing Skills & Drills (ages 15+)
- 19:30 – 20:30 : Boxing / Sparring (ages 15+)

THURSDAY

- 18:00 – 19:00 : Box Fit (Ladies only / ages 12+)
- 19:15 – 20:30 : Enhanced Boxing Skills (ages 12+)

FRIDAY

- 18:00 – 19:30 : Boxing Skills & Drills (ages 12+)

SUNDAY

- 09:00 – 10:30 : Self Training (Families & individuals)

CONTACT US TODAY



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