

MISCHAS BOXING CENTRAL

FITNESS + COACHING + PERSONAL TRAINING



10/107 Whitehall St
Footscray
PH 0408 012299
mischa@netspace.net.au

CLASS TIMETABLE

Members have access to the gym for general use between 4-8pm weekdays and 9am-12pm Saturdays

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--|--|--|--|--|---|--------|
| 9.00am | 9.15am-10am boxing fitness class | | 9.15am-10am boxing fitness class | | 9.15am-10am boxing fitness class | 9.00am-10am boxing fitness class 9.00am-12pm boxer and open training | |
| 4.00pm | 4pm-7pm boxer and open training | | | | | | |
| 6.00pm | 6pm-7pm beginner sparring class | 6.00pm-7.00pm boxing fitness class | | 6.00pm-7.00pm boxing fitness class | | | |
| 6.30pm | 6.30pm-7.30pm boxing fitness class | | 6.30pm-7.30pm boxing fitness class | | | | |