

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	5:20 Lacey's 47	5:20 Monster Mash	5:20 Lacey's 47	5:20 Lacey's 47	5:20 Lacey's 47		
6:00am	6:10 Lacey's 47	6:10 Lacey's 47	6:10 Lacey's 47	6:10 Lacey's 47	6:10 Lacey's 47		
7:00am							
8:00am						7:30 Lacey's 47	8:00 Pumping Iron
9:00am	*8:55 LIR	*8:30 Lacey's 47	*8:55 LIR	*8:30 Bootcamp	*8:55 LIR	8:30 Lacey's 47	9:00 Lacey's 47
10:00am	*9:30 Lacey's 47	*9:30 Lacey's 47	*9:30 Pumping Iron	*9:30 Lacey's 47	*9:30 Lacey's 47	9:30 Pumping Iron	10:00 Yoga
11:00am		*10:30 Women's Boxing				10:30 Boxing	
12:00pm						11:00 Outdoor Boxing (1st Sat of each month)	
1:00pm	CURRAMBINE						
2:00pm							
3:00pm							
4:00pm	3:40 Kids	3:45 Kids LIR	3:40 Kids		3:40 Kids		
5:00pm	4:30 Lacey's 47	4:20 Boxing Jnr	4:30 Lacey's 47	4:20 Boxing Jnr	4:30 Lacey's 47		
6:00pm	5:20 Boxing	5:20 Boxing Snr	5:20 Boxing	5:20 Boxing Snr	5:20 Boxing		
7:00pm	6:30 Lacey's 47	6:30 Lacey's 47	6:30 Lacey's 47	6:30 Lacey's 47	6:30 Lacey's 47		
8:00pm	7:20 Boxing	7:20 Pumping Iron	7:20 Boxing	7:20 Pumping Iron			

*Kids corner will be available during this time Outdoor Boxing help 1st Sat of every month outside Basq