



Redhill Amateur Boxing Club  
 1st Floor Warwick Quadrant  
 7 Station Road  
 Redhill  
 Surrey RH1 1NT  
[info@redhillabc.co.uk](mailto:info@redhillabc.co.uk)

TIME \ DAY	MONDAY 10.00 – 20.00	TUESDAY 10.00 – 20.00	WEDNESDAY 10.00 – 20.00	THURSDAY 10.00 – 20.00	FRIDAY TEMPORARILY CLOSED	SATURDAY APPOINTMENT ONLY	SUNDAY APPOINTMENT ONLY
09.00 – 10.00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>TEMPORARILY CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
10.00 – 11.00	PT / 1-2-1 COACHING BY APPOINTMENT  OPEN GYM	PT / 1-2-1 COACHING BY APPOINTMENT  OPEN GYM	PT / 1-2-1 COACHING BY APPOINTMENT  OPEN GYM	PT / 1-2-1 COACHING BY APPOINTMENT  OPEN GYM		PT / 1-2-1 COACHING BY APPOINTMENT  OPEN GYM – APPOINTMENT ONLY	PT / 1-2-1 COACHING BY APPOINTMENT  OPEN GYM – APPOINTMENT ONLY
11.00 – 12.00							
12.00 – 13.00							
13.00 – 14.00							
14.00 – 15.00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>		<b>CLOSED</b>	<b>CLOSED</b>
15.00 – 16.00							
16.00 – 17.00							
17.00 – 18.00	ABC JUNIOR'S BOXING	ABC SENIOR'S BOXING  OPEN GYM	ABC JUNIOR'S BOXING	ABC SENIOR'S BOXING  OPEN GYM			
18.00 – 19.00	LADIES FITNESS / BOXING CLASS  ABC SENIOR'S BOXING	ABC SENIOR'S BOXING AND SPARRING  BOX 'n BURN ADULT CLASS	ABC JUNIOR'S BOXING AND SPARRING	ABC SENIOR'S BOXING AND SPARRING  BOX 'n BURN ADULT CLASS			
19.00 – 20.00	ABC SENIOR'S BOXING		LUCY RAYNER FOUNDATION LADIES CLASS APPOINTMENT ONLY		OPEN GYM		