



Redhill Amateur Boxing Club
1st Floor Warwick Quadrant,
7 Station Road, Redhill,
Surrey RH1 1NT
info@redhillabc.co.uk

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
09.00 – 10.00	PT / 1-2-1 COACHING (APPOINTMENT ONLY)	09.30-10.30 FEMALE ONLY BOXING FITNESS CLASS	PT / 1-2-1 COACHING (APPOINTMENT ONLY)	PT / 1-2-1 COACHING (APPOINTMENT ONLY)	PT / 1-2-1 COACHING (APPOINTMENT ONLY)	PT / 1-2-1 COACHING (APPOINTMENT ONLY)	PT / 1-2-1 COACHING	
10.00 – 11.00		PT / 1-2-1 COACHING (APPOINTMENT ONLY)					15.00-17.00 SURRY COUNTY COUNCIL EofC BOXING CLASSES (CLOSED TO THE PUBLIC)	10.30-12.00 COMMUNITY KID'S BOXING (APPOINTMENT ONLY)
11.00 – 12.00								12.30-15.00 RK BOXFIT CLASS (APPOINTMENT ONLY)
12.00 – 13.00								
13.00 – 14.00								
14.00 – 15.00								
15.00 – 16.00		12.30-15.00 RK BOXFIT CLASS (APPOINTMENT ONLY)						
16.00 – 17.00								
17.00 – 18.00	ABC JUNIOR'S BOXING (6-17 yrs) (NOVICE)		OPEN GYM	ABC JUNIOR'S BOXING (6-17 yrs) (NOVICE)	OPEN GYM	16.30-18.00 ABC ADVANCED SPARRING (INVITE ONLY)	CLOSED	
18.00 – 19.00	ABC JUNIOR'S BOXING (6-17 yrs) (ADVANCED)		ABC SENIOR'S BOXING (18 yrs+) BOX 'n BURN ADULT CLASS	ABC JUNIOR'S BOXING (6-17 yrs) (ADVANCED)	ABC SENIOR'S BOXING (18 yrs +) BOX 'n BURN ADULT CLASS	ADULT SPARRING BY APPOINTMENT ONLY		
19.00 – 20.00	BBBofC PRO-COACHING APPOINTMENT ONLY	BBBofC PRO-COACHING APPOINTMENT ONLY	BBBofC PRO-COACHING APPOINTMENT ONLY	BBBofC PRO-COACHING APPOINTMENT ONLY	BBBofC PRO-COACHING APPOINTMENT ONLY			

Classes commence promptly at the times shown. All participants are to arrive 15 minutes prior to start time.
If any personal training (PT) sessions are required earlier than shown, please contact the club for further details.