

BOXING 4 HEALTH OCTOBER CALENDAR

	Monday			Tuesday		Wednesday		Thursday			Friday			Saturday	
	HQ	Satellite	Zoom	HQ	Zoom	HQ	Zoom	HQ	Satellite	Zoom	HQ	Satellite	Zoom	HQ	Zoom
9:30										Voice & Breath Work Gaby					
10:00	Fighter Class Carla		Fighter Class Jenn	Fighter Class Jenn	Yoga Class Phil	Fighter Class Sam		Fighter Class Carla		Fighter Class Carla		<u>KANATA</u> Fighter Class Rachel	Fighter Class Jenn	Fighter Class Phil/Carla	Fighter Class Sarah
10:30		<u>DECATHLON</u> Fighter Class Carla							<u>DECATHLON</u> Fighter Class Carla						
11:30	Fighter Class Rachel	<u>KANATA</u> Champion Class Jenn <u>DECATHLON</u> Champion Class Sam				Fighter Class Sam		Fighter Class Carla	<u>DECATHLON</u> Champion Class Sam		Fighter Class Carla	<u>KANATA</u> Champion Class Rachel			<u>11:15</u> Champion Class Sarah
1:00	Champion Class Rachel + Sam					Champion Class Sam + Jenn					Champion Class Sam + Carla				
2:30	Champion Class Rachel + Sam		Champion Class Rachel + Sam			Champion Class Rachel + Jenn					Champion Class Rachel + Sam				
6:30								Fighter Class Owen							

