December 23, 2024 - January 1, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:50 - 6:40 am **BOXFIT® Bootcamp**			
9:30 - 10:20 am **BOXFIT® Circuit**			9:30 - 10:20 am **BOXFIT® Booty**	9:30 - 10:20 am **BOXFIT®**	9:30 - 10:20 am **LITTLE CHAMPS®** **(All levels)** 9:30 - 10:20 am **LITTLE BOXERS®** **(All levels)** 9:30 - 10:20 am **BOXFIT®**	9:30 - 10:20 am **BOXFIT® Circuit**
			10:30 - 11:20 am **BOXFIT® Babes**		10:30 - 11:20 am **BOXTECH®** **(All levels)**	10:30 - 11:20 am **BOXTECH® Youth & Adult** **(All levels)**
12:00 - 12:50 pm **BOXTECH®** **(All levels)**					11:30 - 12:20 pm **BOXTECH® Youth** **(All levels)**	11:30 - 12:20 pm **BOXTECH® Youth & Adult** **(Blue+ Sparring)**
	Christmas Eve (Dec 24) **& News Years Eve (Dec 31)**	**Christmas Day (Dec 25)** **& New Years Day (Jan 1)**	3:45 - 4:20 pm **LITTLE CHAMPS®** **(All levels)**	4:00 - 4:50 pm **LITTLE CHAMPS®** **(All levels)** 4:00 - 4:50 pm **LITTLE BOXERS®** **(All levels)** 4:00 - 4:50 pm **BOXTECH® Youth** **(All levels)**	**GRIFFINS BOXING & FITNESS** 326 E. Esplanade Ave North Vancouver, BC V7L 1A4 604-980-1900 www.griffinsboxing.com	
			4:30 - 5:20 pm **LITTLE BOXERS®** **(All levels)**			
5:00 - 5:50 pm **LITTLE BOXERS®** **(All levels)** *Mezzanine* 5:00 - 5:50 pm **BOXTECH® Youth** **(All levels)** **& (Blue+ Sparring)**			5:30 - 6:20 pm **BOXTECH® Youth** **(All levels)** 5:30 - 6:20 pm **BOXFIT®**	5:00 - 5:50 pm **BOXTECH®** **(All levels)** 5:00 - 5:50 pm **BOXFIT® Circuit**		
6:00 - 6:50 pm **BOXFIT®**			6:30 - 7:20 pm **BOXTECH® Youth & Adult** **Intro to Sparring** *Mezzanine* 6:30 - 7:20 pm **BOXTECH®** **(All levels)**			
7:00 - 7:50 pm **BOXTECH®** **(All levels)**			7:20 - 8:00 pm **BOXTECH®** **(Blue+ Sparring)**			