



# CLASS AND OPEN GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	6:45 - 7:35am Fitness Boxing	8:00 - 9:00 am Technical Sparring	
					9:00 - 9:50 am Technical Boxing	
					10:00 - 10:50am Fitness Boxing	10:00 - 10:50 am Women's Fitness Boxing taught by Sara Bailey
					11:00 - 11:50 am YOUTH BOXING	11:00 - 11:50 am Technical Boxing
					11:00 - 11:45 am Little Warriors Boxing	
12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing	12:00 - 12:50 pm Fitness Boxing		12:00 - 12:50 pm MMA
					<div>GROUP CLASSES</div> <div><div>● Fitness Boxing</div><div>● Technical Boxing</div><div>● Technical Sparring</div><div>● Strength and Conditioning</div><div>● Muay Thai</div><div>● YOUTH BOXING</div><div>● Women's Only Strength Training</div><div>● Little Warriors Boxing</div><div>● Women's Fitness Boxing taught by Sara Bailey</div><div>● MMA</div></div>	
	4:30 - 5:20 pm YOUTH BOXING		4:30 - 5:20 pm YOUTH BOXING			
	4:30 - 5:15 pm Little Warriors Boxing					
5:30 - 6:20 pm Muay Thai	5:30 - 6:20 pm Technical Boxing	5:30 - 6:20 pm Muay Thai	5:30 - 6:20 pm Technical Boxing	5:00 - 5:50 pm Strength and Conditioning		
5:30 - 6:20 pm Technical Boxing		5:30 - 6:20 pm Technical Boxing				
6:00 pm - 6:50 pm Women's Only Strength Training	6:30 - 7:20 pm Fitness Boxing	6:30 pm - 7:20 p.m. Women's Only Strength Training	6:30 - 7:20 pm Fitness Boxing			
6:30 - 7:20 pm Fitness Boxing		6:30 - 7:20 pm YOUTH BOXING				
7:30 - 8:20 pm Technical Sparring		7:30 - 8:20 pm Strength and Conditioning			<div>HOURS OF OPERATION</div> <div><div>6:00 am-9:00 pm</div><div>6:00 am-9:00 pm</div><div>6:00 am-9:00 pm</div><div>6:00 am-9:00 pm</div><div>6:00 am-8:30 pm</div><div>8:00 am-3:00 pm</div><div>10:00 am-2:00 pm</div><div>Monday</div><div>Tuesday</div><div>Wednesday</div><div>Thursday</div><div>Friday</div><div>Saturday</div><div>Sunday</div></div>	
<div>NOTE: OPEN GYM SESSIONS OCCUR THROUGHOUT HOURS OF OPERATION</div> <div>ALL GROUPS CLASSES AND OPEN GYM SESSIONS MUST BE PREBOOKED ON OUR APP.</div>						

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