



West Herts ABC Timetable

Mon	Women 7.00-8.00am	WHABC & ES 9.30am-12.30pm	Grassroots 4.30-5.30pm	Juniors 5.45-6.45pm	WHB 7.00-8.30pm Intermediate Level
Tue	WHABC & ES 9.00am-12.00pm	Grassroots 4.30-5.30pm	WHB 5.45-6.45pm Novice Level	Adult Boxing Fitness 7.00-8.15pm	
Wed	WHABC & ES 10.00am-12.00pm	Grassroots 4.30-5.30pm	Juniors 5.45-6.45pm	WHB 7.00-8.30pm Intermediate Level	
Thu	Juniors 5.00-6.00pm	WHB 6.15-7.15pm Novice Level	Adult Boxing Fitness 7.30-8.45pm		
Fri	Women's Spin 9.30-10.30am	Juniors 5.00-6.00pm	Juniors 6.15-7.15pm	Adult Boxing Fitness 7.30-8.45pm	
Sat	Grassroots 9.30-10.30am	Adult Boxing Fitness 11.00am-12.15pm			
Sun	Grassroots 10.00-11.00am	BoxCleva 11.30am-12.45pm			



West Herts ABC Class Information

	<p>Grassroots 6-10 years, mixed classes. Exercise, building confidence, basic introduction to boxing.</p>
	<p>Juniors 11- 16 years, mixed classes. Exercise, foundation level, learning to box.</p>
	<p>Adults 17+ years, mixed classes. Boxing fitness and technique, intermediate level.</p>
	<p>Women Women only. Boxing fitness, all levels.</p>
	<p>Women's Spin 17+ years, mixed classes. Spin bike cardio fitness.</p>
	<p>WHB Boxing (Intermediate) 11+ years, mixed classes. West Herts Club Boxers preparing for upcoming fights. Intermediate level.</p>
	<p>WHB Boxing (Novice) 11+ years, mixed classes. West Herts Club Boxers who will eventually fight. Novice level.</p>
	<p>WHABC & ES Educational Support.</p>
	<p>BoxCleva</p>

1. All classes must be pre-booked. Please do not just turn up as you will likely be turned away.