



West Herts ABC Timetable

Mon	Women 7.00-8.00am	Female Hit Hour 9.30 - 10.30am	WHABC & ES 11.30am-2.00pm	Grassroots 4.30-5.30pm	Juniors 5.45-6.45pm	WHB 7.00-8.00pm Intermediate Level	Physical Ed. "The Challenge" 8.15-9pm
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 11.30am-1.00pm	Female Hit Hour 9.30 - 10.30am	Grassroots 4.30-5.30pm	Juniors 5.45-6.45pm	WHB 7.00-8.00pm Intermediate Level	Physical Ed. "The Challenge" 8.15-9pm	
Thu	Adult Smash Session 6.45-7.45am	Juniors 5.00-6.00pm	WHB 6.15-7.15pm Novice Level	Adult Boxing Fitness 7.30-8.45pm			
Fri	Women's Spin 7.00-8.00am	Female Hit Hour 9.30 - 10.30am	Junior Stars 4.30-5.30pm	Juniors 5.45-6.45pm	Adult Boxing Fitness 7.00-8.00pm		
Sat	Grassroots 9.30-10.30am	Junior Stars 10.45-11.45am	Adult Boxing Fitness 12.00-1.00pm				
Sun	BoxCleva 9.00-10.30am	Junior Stars 10.45-11.45am	Wellbeing Hour 12.00-1.00pm				



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>
	<p>Female Hit Hour</p>
	<p>Physical Ed. "The Challenge"</p>
	<p>Adult Smash Session</p>
	<p>Junior Stars</p>
	<p>Wellbeing Hour</p>

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