

# Duke Gym class schedule 2023

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>							
Boxing Gym	9:30 - 11:00	Boxing / conditioning	Boxing / conditioning	Boxing / conditioning	Boxing / conditioning	Boxing / conditioning	
Spin Room	10:30 am	Spin	Spin	Spin	Spin	Spin	
Boxing Gym	11:00 am						MMA Adults €
<b>AFTERNOON</b>							
Spin Room	6:00 pm	Spin	Spin	Spin	Spin		
Boxing Gym	7:00 pm	Boxing	Boxing	Boxing	Boxing	Boxing	
Boxing Gym	7.30pm		MMA Adults €		MMA Adults €		

\*\*\* MMA adults there is an additional charge extra per month \*\*\*