



COMMUNITY TIMETABLE

REGISTER FOR SESSIONS AT: WWW.BEINSPIREDUK.CO.UK

★ REFERRAL ONLY

DAY	PROGRAMME	LOCATION	TIME	AGES
MONDAY	GRAPPLE GANG COMMUNITY BJJ	THE ARMOURY 234 GANDER GREEN LN SUTTON SM3 9QF	4:00-5:00PM	11-18
TUESDAY	MIXED BOXING	DUFFUS COMMUNITY FOUNDATION UNITY JUNCTION, ST NICHOLAS CENTRE, SUTTON SM1 1AY	4:15-5:15PM	11-18
TUESDAY	BOX CHAMPIONS	BE INSPIRED HQ NORBURY PAVILION SW16 3LX	5:00-6:30PM	11-19
WEDNESDAY	BOXING SESSION (STUDENTS ONLY)	OASIS ACADEMY ARENA ALBERT ROAD, LONDON SE25 4QL	2:30 -3:30PM	11+
THURSDAY	BOX CHAMPIONS (STUDENTS ONLY)	JOHN RUSKIN COLLEGE SELSDON PARK RD, SOUTH CROYDON CR2 8JJ	2:30 -3:30PM	11+
THURSDAY	GLOVES NOT GUNZ BOXING SESSION	BE INSPIRED HQ NORBURY PAVILION SW16 3LX	5:00-6:00PM	7-12
THURSDAY	MIXED BOXING	RIVERSIDE CENTRE 113 CULVERS AVENUE CARSHALTON, SM5 2FJ	5:30-6:30PM	11-18
THURSDAY	GLOVES NOT GUNZ BOXING SESSION	BE INSPIRED HQ NORBURY PAVILION SW16 3LX	6:00-7:15PM	13-19
THURSDAY	STRONGER FUTURES YOUTH SESSIONS	PEPPERMINT CENTRE FRANKLIN WAY CROYDON CR0 4YD	6:30-8:00PM	11-18
THURSDAY	GRAPPLE GANG BJJ	BE INSPIRED HQ NORBURY PAVILION SW16 3LX	7:30-8:30PM	15+
FRIDAY	BOXING SESSION	ST JOHN THE DIVINE, HIGH PATH, LONDON SW19 2JY	4:30-5:30PM	7-18
FRIDAY	BOXING SESSION	OLD TOWN YOUTH CLUB, CHARLES MAJOR CENTRE, DUPPAS HILL TERRACE, CROYDON CR0 4BA	4:30-5:30PM	11-18
FRIDAY	GRAPPLE GANG COMMUNITY BJJ	BE INSPIRED HQ NORBURY PAVILION SW16 3LX	6:00-7:00PM	7-12
FRIDAY	GRAPPLE GANG COMMUNITY BJJ SPARRING SESSION	BE INSPIRED HQ NORBURY PAVILION SW16 3LX	7:00-7:30PM	7-18
FRIDAY	BOX CHAMPIONS OPEN/MIXED BOXING	PHIPPS BRIDGE COBHAM COURT HASLEMERE AVE, MITCHAM CR4 3PR	7:30-8:30PM	11-18