



BOX UP CRIME WEEKLY TIMETABLE

W/C 7TH SEPTEMBER 2020

#BOXUPCRIME

TIME	MONDAY 7th	TUESDAY 8th	WEDNESDAY 9th	THURSDAY 10th	FRIDAY 11th
3pm					
4pm					
5pm				BoxUp Workout 7-12yrs Ilford Gym, 3-5 Chapel Rd, IG1 2AF	
6pm					
7pm				BoxUp Workout 13-19yrs Ilford Gym 3-5 Chapel Rd, IG1 2AF	
8pm					
9pm					