



Knockout the Kilos



PORT MELBOURNE 1st October 2017 to 31st January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	Box Out	Shadow Boxing	Bag Circuit	Advanced Circuit	Boxing Circuit		
6:35AM	Boxing Circuit	Ab Circuit	Beginners	Super Box	Focus*		
7:05AM	Mid Section	Focus*	Bootcamp Box	Beginners	Bodyweight		
8:00 AM							
8:30 AM						Boxing Circuit	
9:00 AM						Cardio Box*	
9:30 AM	Ab Circuit	Parents / circuit	Bag Circuit	Parents / circuit	Ab Boxer	Ab Boxer	
10:00 AM	Parents / circuit	Box Out	Parents / circuit	Core Ball	Parents / circuit	Beginners	Boxing Circuit
10:30 AM						Super Box	Box Out
11:00AM						Sparring * Register 1hr	Ab Boxer
11:30AM							
12:00 PM	Boxing Circuit	Ab Boxer	Boxing Circuit	Bag Circuit	Beginners	Parents / circuit	Parents / circuit
12:30 PM	Pro Boxer	Super Box	Punch Run*	Box Out	Bootcamp Box		
2:00PM							
3:30PM	Bag Circuit	Advanced Circuit	Bootcamp Box	Crunch Punch*	Box Out		
4:00 PM	Beginners	Smash	Beginners	Sweat Box	Ab Circuit		
4:30PM	Ab Boxer	Crunch Punch*	Box Out	Ab Boxer	Boxing Circuit		
5:00 PM	Kettle Box	Beginners	Focus*	Boxing Circuit	Kettle Box		
5:30 PM	Boxing Circuit	Body Weight	Boxing Circuit	Kettle Box	Bag Circuit		
6:00 PM	FIGHTCLUB	FIGHTCLUB					
	Box Out	Punch Run*	Core Ball	Advanced Shadow Boxing	Mid Section		
6:30 PM	Sweat Box	Ab Boxer	Bag Circuit	Box Out			
7:00 PM	Mid Section	Beginners	Kettle Box	Beginners			
7:30 PM	Boxing Circuit	Pro Boxer	Boxing Circuit	Handspeed			
8:00 PM	Blast	Bag Circuit	Ab Boxer	Super Box			

Green = Beginner Level
 Yellow = Intermediate Level
 Grey = Advanced Level
 * = Partner Level

Red = Registered Classes are 1 hour.
 Must contact reception to register.
 **Parents / class = Boxing Circuit

1300 BOX FIT / 9646 4522
 Mon - Thurs 6am - 9pm Sat 8am - 2pm
 Fri 6am - 7pm Sun 9.30am - 1pm
 Closed Public Holidays