



CLASS TIMETABLE

Knockout the Kilos



HOPPERS CROSSING

1st January 2017 - 31st March 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:05 AM	FREESTYLE	BOXING CIRCUIT	BOOTCAMP	FREESTYLE	FOCUS			6:05 AM
6:35 AM	BOOTCAMP	BOX OUT	PLYO BALL	BOXING FOR FITNESS	BOOTCAMP			6:35 AM
7:05 AM	BEGINNERS	AB BLAST	BEGINNERS	SUPER CIRCUIT	BOXING CIRCUIT			7:05 AM
8:30 AM						BEGINNERS	BOXING CIRCUIT	8:30 AM
9:00 AM*	SWEAT BOX	BOOTCAMP	SUPER CIRCUIT	BOX OUT	KNOCKOUT	BOOTCAMP	FREESTYLE	9:00 AM*
9:30 AM*	BOXING FOR FITNESS	BIKE BOXING	FREESTYLE	BIKE BOXING	BEGINNERS	FOCUS	BOOTCAMP	9:30 AM*
10:00 AM*	YOGA (1 HR)	PUNCH RUN	BEGINNERS	BOXING CIRCUIT	FOCUS	PUNCH RUN	BOXING FOR FITNESS	10:00 AM*
10:30 AM						BOXING CIRCUIT	AB BLAST	10:30 AM
11:00 AM								11:00 AM
11:30 AM								11:30 AM
12:00 PM								12:00 PM
12:30 PM								12:30 PM
4:00 PM	7-10 KIDS	7-10 KIDS	7-10 KIDS	7-10 KIDS	7-10 KIDS			4:00 PM
4:30 PM	11+KIDS	11+KIDS	11+KIDS	11+KIDS	11+KIDS			4:30 PM
5:00 PM	BOOTCAMP	FREESTYLE	SUPER CIRCUIT	BOXING CIRCUIT	BOOTCAMP			5:00 PM
	FIGHTCLUB (H)	SPARRING (H)						
5:30PM	PUNCH RUN	BOXING CIRCUIT	BOX OUT	FOCUS	BOXING FOR FITNESS			
			FIGHTCLUB (H)	FIGHTCLUB (H)				5:30 PM
6:00 PM	FOCUS	BIKE BOXING	BOXING CIRCUIT	SWEAT BOX	FREESTYLE			6:00 PM
	TECHNIQUE	KNOCKOUT						
6:30 PM	BOXING CIRCUIT	BEGINNERS	FREESTYLE	KICKBOXING				6:30 PM
	BIKE BOXING	AB BLAST	SELF DEFENCE					
7:00 PM	FREESTYLE	BOOTCAMP	BOXING FOR FITNESS	KNOCKOUT				7:00 PM
		TECHNIQUE						
7:30 PM	FOCUS	BOXING FOR FITNESS	SWEAT BOX	BOOTCAMP				7:30 PM
8:00 PM	BEGINNERS	BOX OUT	YOGA (1 HR)	PUNCH RUN				8:00 PM
8:30 PM	BOOTCAMP	AB BLAST		BOXING CIRCUIT				8:30 PM

(H) Hour long class

*Parent friendly Monday-Friday

1300 BOX FIT

1300 269 348

www.boxingfit.com.au

Trading Hours: Mon - Thurs: 6am - 9pm, Fri: 6am - 7pm, Sat: 8am - 1pm, Sun: 8am - 12pm

Closed on Public Holidays

KIDS CLUB

TECHNIQUE

BEGINNERS

INTERMEDIATE

ADVANCED