



PORT MELBOURNE 3rd -31st January 2018 (Skeleton Timetable)

| | 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 | | | | | | | 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 | | Bootcamp Box | | Box Out | | |
| 4.00 PM | | Smash | | Sweat Box | Ab Circuit | | |
| 4.30PM | Ab Boxer | | Box Out | | Boxing Circuit | | |
| 5:00 PM | | Beginners | | Boxing Circuit | Kettle Box | | |
| 5:30PM | Boxing Circuit | | Boxing Circuit | | Bag Circuit | | |
| 6:00PM | | Punch Run* | | Advanced Shadow Boxing | Mid Section | | |
| 6:30 PM | Sweat Box | | Bag Circuit | | | | |
| 7:00 PM | | Beginners | | Beginners | | | |
| 7:30 PM | Boxing Circuit | | Boxing Circuit | | | | |
| 8:00 PM | | Bag Circuit | | 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