



Knockout the Kilos



PORT MELBOURNE 1st February 2018 to 31st May 2018

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

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