



Knockout the Kilos



PORT MELBOURNE 1st JUNE - 30th SEPTEMBER 2018

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

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

Red = Registered Classes.
 Must contact reception to register.

**Parent with prams 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

