



PORT MELBOURNE 1st February 2019- 31st May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	Box Out	Adv. Shadow Boxing	Boxing Circuit	Ab Circuit	Boxing Circuit		
6:35AM	Beginners	Ab Circuit	Mid Section	Hardcore	Focus*		
7:05AM	Train with Stevie King	Focus*	Bootcamp Box	Bag Circuit	Kettle Box		
8:00AM							
8:30AM						Boxing Circuit	
9:00AM						Cardio Box*	
9:30AM	Ab Circuit	Parents/Circuit	Crunch Punch*	Parents/Circuit	Coreball	Train with Alex Don	
10:00AM	Parents/Circuit	Box Out	Parents/Circuit	Box Out	Parents/Circuit	Beginners	Boxing Circuit
10:30AM						Super Box	Bag Circuit
11:00AM						Sparring* Register 1hr	Box Out
11:30AM							
12:00PM	Boxing Circuit	Bag Circuit	Boxing Circuit	Handspeed	Beginners	Parents/Circuit	Parents/Circuit
12:30PM	Kettle Box	Ab Boxer	Super Box	Adv. Circuit	Train with Steve Kelly		
2:00PM							
3:30PM	Adv. Circuit	Handspeed	Adv. Circuit	Bag Circuit	Crunch Punch*		
4:00PM	Ab Boxer	Kettle Box	Cardio Box*	Hardcore	Bootcamp Box		
4:30PM	Boxing Circuit	Beat Box*	Beginners	Ab Boxer	Boxing Circuit		
	Kids Club		Kids Club				
5:00PM	Bag Circuit	Boxing Circuit	Box Out	Boxing Circuit	Box Out		
5:30PM	Beginners	Coreball	Boxing Circuit	Mid Section	Bag Circuit		
6:00PM	Ab Circuit	Ab Boxer	Kettle Box	Bag Circuit	Core & Stretch		
	FIGHT CLUB		FIGHT CLUB				
6:30PM							
	Hardcore	Bag Circuit	Train with Alex Don	Box Out			
7:00PM	Train with Steve Kelly	Beginners	Hardcore	Beginners			
7:30PM	Boxing Circuit	Super Box	Boxing Circuit	Beat Box*			
8:00PM	Core & Stretch	Mid Section	Core & Stretch				

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