



PORT MELBOURNE 7th January 2019- 31st January 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    | Box Out            | Train with Steve Kelly |                     |                 |
| 8:00AM  |                        |                    |                 |                    |                        |                     |                 |
| 8:30AM  |                        |                    |                 |                    |                        | Boxing Circuit      |                 |
| 9:00AM  |                        |                    |                 |                    |                        | Box Out             |                 |
| 9:30AM  | Ab Circuit             | Parents/Circuit    | Crunch Punch*   | Parents/Circuit    | Mid Section            | Train with Alex Don |                 |
| 10:00AM | Parents/Circuit        | Box Out            | Parents/Circuit | Bag Circuit        | Parents/Circuit        | Beginners           | Boxing Circuit  |
| 10:30AM |                        |                    |                 |                    |                        | Super Box           | Bag Circuit     |
| 11:00AM |                        |                    |                 |                    |                        |                     | Box Out         |
| 11:30AM |                        |                    |                 |                    |                        |                     |                 |
| 12:00PM | Boxing Circuit         | Bag Circuit        | Boxing Circuit  | Adv. Shadow Boxing | Beginners              | Parents/Circuit     | Parents/Circuit |
| 12:30PM | Kettle Box             | Ab Boxer           | Super Box       | Adv. Circuit       | Bootcamp Box           |                     |                 |
| 2:00PM  |                        |                    |                 |                    |                        |                     |                 |
| 3:30PM  | Adv. Circuit           |                    | Adv. Circuit    |                    | Crunch Punch*          |                     |                 |
| 4:00PM  |                        | Core Ball          |                 | Hardcore           | Bootcamp Box           |                     |                 |
| 4:30PM  | Boxing Circuit         |                    | Beginners       |                    | Boxing Circuit         |                     |                 |
| 5:00PM  |                        | Beginners          |                 | Boxing Circuit     | Box Out                |                     |                 |
| 5:30PM  | Beginners              |                    | Beginners       |                    | Bag Circuit            |                     |                 |
| 6:00PM  |                        | Ab Boxer           |                 | Bag Circuit        | Core & Stretch         |                     |                 |
|         | Hardcore               |                    | Mid Section     |                    |                        |                     |                 |
| 7:00PM  |                        | Beginners          |                 | Beginners          |                        |                     |                 |
| 7:30PM  | Boxing Circuit         |                    | Boxing Circuit  |                    |                        |                     |                 |
| 8:00PM  |                        | Mid Section        |                 |                    |                        |                     |                 |

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