



CLASS TIMETABLE

Knockout the Kilos



HOPPERS CROSSING

1ST JAN - 31ST MAR 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:05 AM	BOX OUT	BOOTCAMP	BOXING CIRCUIT	FREESTYLE	FOCUS			6:05 AM
6:35 AM	BOXING FOR FITNESS	BIKE BOOTCAMP	CARDIO BOX	BEGINNERS	BOOTCAMP			6:35 AM
7:05 AM	AB BOXER	BEGINNERS	CARDIO FOCUS	BOOTCAMP	BOXING CIRCUIT			7:05 AM
7:35 AM	TECHNIQUE		TECHNIQUE					7:35 AM
8:30 AM						BEGINNERS	FREESTYLE	8:30 AM
9:00 AM*	BOOTCAMP	PUNCH RUN	BEGINNERS	CARDIO BOX	FREESTYLE	BOOTCAMP BOX(H)	BOXING CIRCUIT	9:00 AM*
9:30 AM*	BOXING CIRCUIT	BIKE BOXING	BOOTCAMP	BIKE BOOTCAMP	BEGINNERS	BOOTCAMP BOX	BOOTCAMP	9:30 AM*
10:00 AM*	FREESTYLE	BOXING FOR FITNESS	BOX OUT	BOXING CIRCUIT	CARDIO FOCUS	BOXING FOR FITNESS	FOCUS	10:00 AM*
10:30 AM	STRETCH CLASS					CARDIO FOCUS	BEGINNERS	10:30 AM
11:00 AM								11:00 AM
11:30 AM								11:30 AM
12:00 PM								12:00 PM
12:30 PM								12:30 PM
4:15 PM	10-15 KIDS CLUB	10-15 KIDS CLUB	10-15 KIDS CLUB	10-15 KIDS CLUB	10-15 KIDS CLUB			4:00 PM
								4:30 PM
5:00 PM	CARDIO FOCUS	CARDIO BOX	BOOTCAMP	BOXING FOR FITNESS	BOOTCAMP			5:00 PM
	FIGHTCLUB (H)	SPARRING (H)						
5:30PM	FREESTYLE	BOXING CIRCUIT	BOX OUT	CARDIO FOCUS	BOXING CIRCUIT			5:30 PM
			FIGHTCLUB (H)	FIGHTCLUB (H)				
6:00 PM	FOCUS	BIKE BOXING	BEGINNERS	CARDIO BOX	FREESTYLE			6:00 PM
	TECHNIQUE	FREESTYLE						
6:30 PM	BEGINNERS	FOCUS	BOOTCAMP	BOXING CIRCUIT				6:30 PM
	ABS FREESTYLE	AB BLAST	BOXING BASICS					
7:00 PM	BLAST	BOOTCAMP	FOCUS	FREESTYLE				7:00 PM
	BOXING BASICS	TECHNIQUE	BIKE BOXING					
7:30 PM	BOOTCAMP	BOXING FOR FITNESS	PUNCH RUN	AB BOXER				7:30 PM
8:00 PM	BOXING CIRCUIT	BOX OUT	BOXING CIRCUIT	BOOTCAMP				8:00 PM
8:30 PM	PUNCH RUN	AB BLAST		BEGINNERS				8:30 PM

(H) Hour long class

*Parent friendly Monday-Friday

1300 BOX FIT

1300 269 348

www.boxingfit.com.au

Trading Hours: Mon - Thurs: 6am - 9pm, Fri: 6am - 7pm, Sat: 8am - 1pm, Sun: 8am - 12pm

Closed on Public Holidays

KIDS CLUB

TECHNIQUE

BEGINNERS

INTERMEDIATE

ADVANCED