



CLASS TIMETABLE

Knockout the Kilos



HOPPERS CROSSING

1ST APRIL - 30TH JUNE 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:05 AM	BOOTCAMP	FREESTYLE	FREESTYLE CIRCUIT	PUNCH RUN	FOCUS			6:05 AM
6:35 AM	BEGINNERS	CARDIO FOCUS	XPLOSIVE BOXER	BOXING CIRCUIT	BOOTCAMP			6:35 AM
7:05 AM	AB BLAST	BOXING FOR FITNESS	CARDIO FOCUS	BOOTCAMP	BEGINNERS			7:05 AM
7:35 AM	TECHNIQUE		TECHNIQUE					7:35 AM
8:30 AM						BOXING CIRCUIT	FREESTYLE	8:30 AM
9:00 AM*	FREESTYLE	BOOTCAMP	BEGINNERS	XPLOSIVE BOXER	FREESTYLE	BOOTCAMP BOX(H)	BOXING FOR FITNESS	9:00 AM*
9:30 AM*	BOXING FOR FITNESS	BIKE BOOTCAMP	BOOTCAMP	BIKE BOXING	BOXING CIRCUIT	BOOTCAMP BOX	BOOTCAMP	9:30 AM*
10:00 AM*	AB BOXER	BOXING CIRCUIT	PUNCH RUN	BOXING FOR FITNESS	FOCUS	BEGINNERS	CARDIO FOCUS	10:00 AM*
10:30 AM	STRETCH CLASS					PUNCH RUN	BOXING CIRCUIT	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	SUPER CIRCUIT	XPLOSIVE BOXER	BOOTCAMP	BEGINNERS	BOOTCAMP			5:00 PM
	FIGHTCLUB (H)	SPARRING (H)						
5:30PM	STRENGTH AND POWER	BOXING CIRCUIT	XPLOSIVE BOXER	FOCUS	BOXING CIRCUIT			5:30 PM
			FIGHTCLUB (H)	FIGHTCLUB (H)				
6:00 PM	FOCUS	BIKE BOOTCAMP	BEGINNERS	FREESTYLE	PUNCH RUN			6:00 PM
	TECHNIQUE	FREESTYLE						
6:30 PM	BOXING CIRCUIT	FOCUS	BOOTCAMP	BOXING FOR FITNESS				6:30 PM
	AB BLAST	AB FREESTYLE	BOXING BASICS					
7:00 PM	XPLOSIVE BOXER	BOOTCAMP	FOCUS	XPLOSIVE BOXER				7:00 PM
		TECHNIQUE	BIKE BOXING					
7:30 PM	BOOTCAMP	BEGINNERS	STRENGTH AND POWER	AB BLAST				7:30 PM
8:00 PM	BOXING FOR FITNESS	XPLOSIVE BOXER	BOXING FOR FITNESS	BOOTCAMP				8:00 PM
8:30 PM	FREESTYLE	AB BOXER		BOXING CIRCUIT				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