



Knockout the Kilos



PORT MELBOURNE 1st June 2019- 30th September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	Box Out	Adv. Shadow Boxing	Boxing Circuit	Bag Circuit	Boxing Circuit		
6:35AM	Beginners	Ab Circuit	Mid Section	Kettle Box	Focus*		
7:05AM	Train with Stevie King	Focus*	Bootcamp Box	Mid Section	Functional Boxer		
8:00AM							
8:30AM						Boxing Circuit	
9:00AM						Ab Circuit	
9:30AM	Ab Circuit	Parents/Circuit	Bag Circuit	Parents/Circuit	Kettle Box	Train with Alex Don	
10:00AM	Parents/Circuit	Box Out	Parents/Circuit	Booty Box	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	Adv. Circuit	Beginners	Parents/Circuit	Parents/Circuit
12:30PM	Kettle Box	Functional Circuit	Super Box	Functional Boxer	Train with Alex Don		
2:00PM							
3:30PM	Adv. Circuit	Ab Circuit	Hardcore	Bag Circuit	Ab Circuit		
4:00PM	Booty Box	Kettle Box	Mid Section	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	Cardio Box*	Boxing Circuit	Bag Circuit	Bag Circuit		
6:00PM	Functional Boxer	Mid Section	Super Box	Cardio Box*	Core & Stretch		
	FIGHT CLUB		FIGHT CLUB				
6:30PM							
	Kettle Box	Hardcore	Functional Boxer	Ab Circuit			
7:00PM	Functional Circuit	Beginners	Booty Box	Beginners			
7:30PM	Boxing Circuit	Train with Alex Don	Boxing Circuit	Box Out			
8:00PM	Core & Stretch	Core & Stretch	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
 Fri 6am - 7pm
 Closed Public Holidays
 Sat 8am - 2pm
 Sun 9.30am - 1pm