



# CLASS TIMETABLE

Knockout the Kilos



## HOPPERS CROSSING

1ST JULY - 30TH SEPTEMBER 2019

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

(H) Hour long class

\*Parent friendly Monday-Friday

1300 BOX FIT

1300 269 348

[www.boxingfit.com.au](http://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