



CLASS TIMETABLE

Knockout the Kilos



HOPPERS CROSSING

1ST JAN - 31ST MAR 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:05 AM	AB FREESTYLE	XPLOSIVE BOXER	FREESTYLE CIRCUIT	BOOTCAMP	FOCUS			6:05 AM
6:35 AM	BEGINNERS	BIKE BOXING	STRENGTH AND POWER	SUPER CIRCUIT	KETTLEBOX			6:35 AM
7:05 AM	TECHNIQUE	BOXING CIRCUIT	CARDIO FOCUS	FREESTYLE	BOXING CIRCUIT			7:05 AM
7:35 AM			TECHNIQUE					7:35 AM
8:00AM						BEGINNERS	STRENGTH AND POWER	8:00AM
8:30 AM						BOOTCAMP BOX(H)	BOXING CIRCUIT	8:30 AM
9:00 AM*	AB BLAST	BOOTCAMP	FREESTYLE CIRCUIT	XPLOSIVE BOXER	BOOTCAMP	BOOTCAMP BOX	BOOTCAMP	9:00 AM*
9:30 AM*	BOXING FOR FITNESS	BIKE BOOTCAMP	BOOTCAMP	AB BOXER	SUPER CIRCUIT	SUPER CIRCUIT	FOCUS	9:30 AM*
10.00 AM*	STRENGTH AND POWER	SUPER CIRCUIT	FREESTYLE	BOXING CIRCUIT	CARDIO FOCUS	SWEAT BOX	BOXING FOR FITNESS	10.00 AM*
10:30 AM	STRETCH CLASS							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	BOXING FOR FITNESS FIGHTCLUB (H)	SUPER BOX	FOCUS	BOXING CIRCUIT	BOOTCAMP			5:00 PM
5:30PM	KETTLEBOX	FOCUS	XPLOSIVE BOXER	BOOTCAMP	BEGINNERS			
		SPARRING(H)	FIGHTCLUB (H)	FIGHTCLUB (H)				5:30 PM
6:00 PM	FOCUS	BIKE BOOTCAMP	BEGINNERS	SUPER BOX	XPLOSIVE BOXER			
	TECHNIQUE	FREESTYLE						6:00 PM
6:30 PM	BEGINNERS	SUPER CIRCUIT	BOOTCAMP	SUPER CIRCUIT				
	AB BLAST	AB BOXER	BOXING BASICS					6:30 PM
7:00 PM	BOOTCAMP	STRENGTH AND POWER	FOCUS	CARDIO FOCUS				
		TECHNIQUE	AB FREESTYLE	SPARRING				7:00 PM
7:30 PM	SWEAT BOX	BOXING CIRCUIT	KETTLEBOX	SWEAT BOX				
								7:30 PM
8:00 PM	SUPER CIRCUIT	AB BLAST	SUPER CIRCUIT	BOOTCAMP				
								8:00 PM
8:30 PM	AB FREESTYLE	FREESTYLE		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