



PORT MELBOURNE 1st February 2020 - 31st May 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	Box Out	Adv. Shadow Boxing	Boxing Circuit	Ab Circuit	Boxing Circuit		
6:35AM	Beginners	Ab Circuit	Mid Section	Kettle Box	Focus*		
7:05AM	Train with Stevie King	Focus*	Bootcamp Box	Bag Circuit	Functional Circuit		
8:00AM							
8:30AM						Boxing Circuit	
9:00AM						Train with Alex Don	
9:30AM	Ab Circuit	Parents/Circuit	Bag Circuit	Parents/Circuit	Booty Box	Ab Boxer	
10:00AM	Parents/Circuit	Box Out	Parents/Circuit	Core Ball	Parents/Circuit	Beginners	Boxing Circuit
10:30AM						Super Box	Bag Circuit
11:00AM						Sparring* Register 1hr	Train with Stevie King
11:30AM							
12:00PM	Boxing Circuit	Bag Circuit	Boxing Circuit	Adv. Circuit	Beginners	Parents/Circuit	Parents/Circuit
12:30PM	Core Ball	Functional Circuit	Hardcore	Super Box	Train with Alex Don		
2:00PM							
3:30PM	Box Out	Advanced Circuit	Kettlebox	Bag Circuit	Ab Circuit		
4:00PM	Boxing Circuit	Functional Boxer	Beginners	Functional Circuit	Bootcamp Box		
4:30PM	Bootybox	Bag Circuit	Shadow Box	Ab Boxer	Boxing Circuit		
	Kids Club		Kids Club				
5:00PM	Train With Alex Don	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	Blast	Focus*	Core & Stretch		
	FIGHT CLUB		FIGHT CLUB				
6:30PM							
	Blast	Focus*	Functional Boxer	Beginners			
7:00PM	Functional Circuit	Beginners	Booty Box	Train with Stevie King			
7:30PM	Boxing Circuit	Box Out	Boxing Circuit	Box, Core & Stretch			
8:00PM	Core & Stretch	Box, 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 OPEN 24/7

Mon - Wed 6am - 8:30pm

Thursday 6am - 8pm

Fri 6am - 7pm

Sat 8am - 1pm

Sun 9.30am - 1pm