



# JAN 10th - 30th

Knockout the Kilos



(normal full timetable resuming Jan 31st)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	Box Out	Adv. Shadow Boxing	Boxing Circuit	Ab Circuit	Boxing Circuit		
6:35AM	Beginners	Bag Circuit	Mid Section	Super Box	Focus*		
7:05AM	Train with Mick	Focus*	Bootcamp Box	Bag Circuit	Functional Circuit		
8:00AM							
8:30AM	Bag Circuit	Boxing Circuit	Box Out	Beginners	Ab Boxer	Boxing Circuit	
9:00AM						Train with Alex Don	
9:30AM	Ab Circuit	Parents/Circuit	Bag Circuit	Parents/Circuit	Booty Box	Ab Boxer	Boxing Circuit
10:00AM	Parents/Circuit	Box Out	Parents/Circuit	Ab Boxer	Parents/Circuit	Beginners	Bag Circuit
10:30AM						Super Box	Train with Tatum
11:00AM							Ab Circuit
11:30AM							
12:00PM	Boxing Circuit	Bag Circuit	Boxing Circuit	Adv. Circuit	Beginners	Parents/Circuit	Parents/Circuit
12:30PM	Ab Boxer	Functional Circuit	Hardcore	Super Box	Train with Alex Don		
2:00PM							
3:30PM	Box Out	Boxing Circuit	Kettlebox	Bag Circuit	Ab Circuit		
4:00PM					Bootcamp Box		
4:30PM	Bootybox	Bag Circuit	MediBall	Ab Boxer	Boxing Circuit		
5:00PM					Box Out		
5:30PM	Beginners	Cardio Box*	Boxing Circuit	Bag Circuit	Bag Circuit		
6:00PM					Core & Stretch		
6:30PM	Boxing Circuit	Focus*	Functional Boxer	Beginners			
7:00PM							
7:30PM	Boxing Circuit	Box Out	Boxing Circuit	Advanced Circuit			
8:00PM							

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  
 Staffed hours  
 Mon - Wed 6am - 8:30pm  
 Thursday 6am - 8pm      Sat 8am - 1pm  
 Fri 6am - 7pm              Sun 9am - 1pm