



Knockout the Kilos



Starts: 2/5/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Box Out	Bag Circuit	Boxing Circuit	Box Out	Focus*		
6:30AM	Beginners	Focus*	Box Out	Bag Circuit	Boxing Circuit		
7:00AM	Train with Bo	Hardcore	Bootcamp Box	Super Box	Functional Circuit		
8:00AM							
8:30AM	Bag Circuit	Boxing Circuit	Ab Circuit	Beginners	Ab Boxer	Boxing Circuit	
9:00AM						Train with Alex Don	
9:30AM	Ab Circuit	Parents/Circuit	Bag Circuit	Parents/Circuit	Parents/Circuit	Bag Circuit	Boxing Circuit
10:00AM	Parents/Circuit	Box Out	Parents/Circuit	Ab Boxer	Adv. Circuit	Ab Boxer	Bag Circuit
10:30AM						Hardcore	Box Out
11:00AM							Ab Circuit
11:30AM							
12:00PM	Boxing Circuit	Boxing Circuit	Boxing Circuit	Adv. Circuit	Beginners	Parents/Circuit	Parents/Circuit/Kids Club
12:30PM	Ab Boxer	Functional Circuit	Hardcore	Boxing Circuit	Train with Alex Don		
2:00PM							
3:30PM	Box Out	Boxing Circuit	Kettlebox	Boxing Circuit	Ab Circuit		
4:00PM	Boxing Circuit	Functional Boxer	Beginners	Functional Circuit	Bootcamp Box		
4:30PM	MidSection	Bag Circuit	Bodyweight	Ab Boxer	Boxing Circuit		
	Kids Club		Kids Club				
5:00PM	Train With Alex Don	Boxing Circuit	Box Out	Boxing Circuit	Bag Circuit		
5:30PM	Beginners	Cardio Box*	Boxing Circuit	Bag Circuit	Speed Circuit		
6:00PM	Hardcore	Box Out	Bootcamp Box	Speed Circuit	Core & Stretch		
6:30PM	Bag Circuit	Hardcore	Functional Boxer	Beginners			
7:00PM	Kettlebox	Beginners	Bag Circuit	Bodyweight			
7:30PM	Boxing Circuit	Box Out	Boxing Circuit	Core & Stretch			
8:00PM	Core & Stretch	Core & Stretch	Core & Stretch				

Green = Beginner Level
 Yellow = Intermediate Level
 Grey = Advanced Level
 Red = Registered Classes(1 hour)
 Must contact reception to register

* = Partner Level
 Parents/Circuit = Boxing Circuit
 Parents/Circuit/Kids Club = Boxing Circuit that Kids Club members can join

OPEN 24/7 for members
 Ph: 1300 BOX FIT / 9646 4522
 E: pmreception@boxingfit.com.au
 Website: www.boxingfit.com.au

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