



CLASS TIMETABLE



CRAIGIEBURN
Starts 1 May 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05 AM	FOCUS	BOXING CIRCUIT	TECHNIQUES	MID-SECTION CHALLENGE	HIGH ENERGY		
6:35AM	MID-SECTION	MEDI-BALL	STRENGTH CIRCUIT	FOCUS	MEDI-BALL		
7.05 AM	HIGH ENERGY		MID-SECTION		BEGINNERS		
8:30 AM						BEGINNERS	
9:00 AM						FOCUS	
9:30 AM	PARENTS & PRAMS	FOCUS	PARENTS & PRAMS	HIGH ENERGY	PARENTS & PRAMS	STRENGTH CIRCUIT	
10:00 AM						MID-SECTION CHALLENGE	BOXING CIRCUIT
10:30 AM	MEDI-BALL	PARENTS & PRAMS	MID-SECTION CHALLENGE	PARENTS & PRAMS	FOCUS	HIGH ENERGY	MEDI-BALL
11:00 AM						BOXING CIRCUIT	HIGH ENERGY
12:00 PM	BEGINNERS	MEDI-BALL	HIGH ENERGY	MID-SECTION	STRENGTH CIRCUIT		
12:30 PM	SHADOW BOXING	BOXING CIRCUIT	FOCUS	BEGINNERS			
4:00 PM	KIDS KLUB	KIDS KLUB	KIDS KLUB	KIDS KLUB	KIDS KLUB		
4:30 PM	TEEN KLUB	TEEN KLUB	TEEN KLUB	TEEN KLUB	TEEN KLUB		
5:00 PM		FOCUS		SHADOW BOXING			
5:30 PM	BOXING CIRCUIT	TECHNIQUES	BEGINNERS	FOCUS	MID-SECTION CHALLENGE		
6:00 PM	STRENGTH CIRCUIT	BOXING CIRCUIT	SHADOW BOXING	BEGINNERS	FOCUS		
6:30 PM	BEGINNERS	MID-SECTION CHALLENGE	FOCUS	MEDI-BALL			
7:00 PM	FOCUS	BEGINNERS	TECHNIQUES	HIGH ENERGY			
7:30 PM	MEDI-BALL	HIGH ENERGY	BOXING CIRCUIT	STRENGTH CIRCUIT			
8:00 PM	HIGH ENERGY	STRENGTH CIRCUIT	MID-SECTION	MID-SECTION CHALLENGE			

1300-BOXFIT (1300-269-348)

Mon-Thurs: 6am - 9pm; Fri: 6am-7pm

Sat: 8am - 3:00pm; Sun: 9:30am - 2pm