



CLASS TIMETABLE

Knockout the Kilos



Highpoint

1st February 2012 - 30th April 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	BOXING CIRCUIT	HIGH ENERGY	BIKE BOXING	SHADOW BOXING	BOOTCAMP BOXING		
6:35AM	MEDI-BALL	MID-SECTION	CRUNCH PUNCH	BOXING CIRCUIT	BEGINNERS		
7:05AM	TECHNIQUES	BEGINNERS	MEDI-BALL	STRENGTH CIRCUIT			
8:00AM							
8:30 AM						BOOTCAMP BOX	
9:00 AM						CRUNCH PUNCH	
9:30 AM	CARDIO-BOX	HIGH ENERGY	PARENTS	PARENTS	CARDIO - BOX	BOXING CIRCUIT	
10:00 AM						BIKE BOXING	ABS-CIRCUIT
10:30 AM	PARENTS	PARENTS	PRO BOXER	BEGINNERS	PARENTS	SHADOW BOXING	BOXING CIRCUIT
11:00AM							MEDI-BALL
12:00 PM	BEGINNERS	BIKE BOXING	CRUNCH PUNCH	HIGH ENERGY	BOXING CIRCUIT		
12:30 PM	STRENGTH CIRCUIT	BOXING CIRCUIT	PRO BOXER	MID-SECTION	MEDI-BALL	PRO BOXER	CARDIO-BOX
4:00 PM	KIDS KLUB	KIDS KLUB	KIDS KLUB	KIDS KLUB	KIDS KLUB		
5:00 PM	FOCUS	BOOTCAMP BOX	BEGINNERS	PRO BOXER	STRENGTH CIRCUIT		
5:30 PM	HIGH ENERGY	MEDI-BALL	BOOTCAMP BOX	BOXING CIRCUIT	BOXING CIRCUIT		
6:00 PM	BOXING CIRCUIT BIKE BOXING	BEGINNERS	ABS CIRCUIT	BOOTCAMP BOX	HIGH ENERGY		
6:30 PM	CRUNCH PUNCH	STRENGTH CIRCUIT BIKE BOXING	BOXING CIRCUIT	MEDI-BALL BIKE BOXING			
7:00 PM	SHADOW BOXING	BOXING CIRCUIT	HIGH ENERGY	SHADOW BOXING			
7:30 PM	PRO BOXER	MID-SECTION	MEDI-BALL	ABS CIRCUIT			
8:00 PM	BOOTCAMP BOX	CARDIO-BOX	MID-SECTION	TECHNIQUES			

1300-BOXFIT

(1300-269-348)

Trading hours- Monday-Thursday 6am-9pm Friday 6am-7pm Saturday 8am-3pm Sunday 9.30am-2pm