



CLASS TIMETABLE

Knockout the Kilos



Hoppers Crossing
Starts 1st February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	BOXING CIRCUIT	BOX OUT	CLASS 300	BEGINNERS	MID SECTION		
6:35AM	CLASS 300	MEDI-BALL	SHADOW BOXING	MID-SECTION	BEGINNERS		
7:05AM		BIKE BOXING		PRO BOXER			
8:00AM	CARDIO- BOX						
8:30 AM						BEGINNERS	
9:00 AM	BOX OUT		PARENTS		BOXING CIRCUIT	CLASS 300	
9:30 PM	PARENTS	STRENGHT CIRCUIT	CLASS 300	HIGH INTENSITY	PARENTS	BOX OUT	
9:45 AM							BOXING CIRCUIT
10:00 AM		PARENTS	PARENTS	PARENTS	HARDCORE	MID SECTION	
10:15 AM							CLASS 300
10:30 AM	CARDIO BOX			PUNCH RUN		BIKE BOXING	
10:45 AM							FOCUS
12:30 PM	BOX OUT	CLASS 300	FOCUS	BEGINNERS	STRENGHT CIRCUIT	SUPER BOX	ABDOMINAL BOXER
3:00 PM	CLASS 300		SUPER CIRCUIT	PRO BOXER			
4:00PM	7-10 KIDS	7-10 KIDS	7-10 KIDS	7-10 KIDS	7-10 KIDS		
4.30 PM	11+ KIDS	11+ KIDS	11+ KIDS	11+ KIDS	11+ KIDS		
5:00 PM	CLASS 300	MID SECTION	BOX OUT	BEGINNERS	SHADOW BOXING		
5:30 PM	BOX OUT	STRENGHT CIRCUIT	FOCUS	CLASS 300	BEGINNERS		
6:00 PM	FOCUS	BOXING CIRCUIT	CLASS 300	BOX OUT	MID SECTION		
	BIKE BOXING		BIKE BOXING				
6:30 PM	CARDIO BOX	PUNCH CRUNCH	BOXING CIRCUIT	MEDI-BALL			
		BIKE BOXING		BIKE BOXING			
7:00 PM	BOXING CIRCUIT	STRENGHT CIRCUIT	MID SECTION	HIGH INTENSITY			
7:30 PM	CLASS 300	BOX OUT	PUNCH RUN	CARDIO BOX			
8:00 PM	MID SECTION	CARDIO BOX	BOXING CIRCUIT	CLASS 300			

1300-BOXFIT (1300-269-348)