



CLASS TIMETABLE

Knockout the Kilos



Port Melbourne
Starts 1st February 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	BOXING CIRCUIT	BOX OUT	CLASS 300	MID-SECTION	BEGINNERS		
6:35AM	CLASS 300	MEDI-BALL	PRO BOXER	BOX OUT	STRENGTH CIRCUIT		
7:05AM		BIKE BOXING	MID-SECTION	BOXING CIRCUIT			
8:00AM	BEGINNERS						
8:30 AM				FOCUS		BEGINNERS	
9:00 AM						CLASS 300	
9:30 AM	BOX OUT	CLASS 300	PARENTS	PARENTS	CARDIO - BOX	BOX OUT	
9:45 AM							BOXING CIRCUIT
10:00 AM						SHADOW BOXING	
10:15 AM							CLASS 300
10:30 AM	PARENTS	PARENTS		FOCUS	PARENTS	BIKE BOXING	
10:45 AM							FOCUS
11:30AM							FREE KIDS WORKOUT
12:00 PM	BOX OUT	CLASS 300	BEGINNERS	STRENGTH CIRCUIT	FOCUS		13YR-16 YR KIDS
12:30 PM	MID-SECTION	BOXING CIRCUIT	MEDI-BALL	PRO BOXER	PUNCH RUN	PRO BOXER	STRENGTH CIRCUIT
2:00PM						FREE KIDS WORKOUT	
3:30PM	BOX OUT		MID-SECTION	CLASS 300			
4:00 PM	SUPER CIRCUIT	CLASS 300	BEGINNERS	BOX OUT	ABDOMINAL BOXER		
4:30 PM	MEDI-BALL	BOXING CIRCUIT	STRENGTH CIRCUIT	FOCUS	CLASS 300		
5:00 PM	CLASS 300	MID-SECTION	FOCUS	BEGINNERS	STRENGTH CIRCUIT		
5:30 PM	BOX OUT	STRENGTH CIRCUIT	CLASS 300	BOXING CIRCUIT	BOX OUT		
6:00 PM	BEGINNERS	BOXING CIRCUIT	MID-SECTION	CLASS 300	PRO BOXER		
	BIKE BOXING		BIKE BOXING				
6:30 PM	CARDIO - BOX	CLASS 300	MEDI-BALL	BOXING CIRCUIT			
		BIKE BOXING		BIKE BOXING			
7:00 PM	BOXING CIRCUIT	FOCUS	BOX OUT	CARDIO BOX			
7:30 PM	CLASS 300	BOX OUT	PRO BOXER	FOCUS			
8:00 PM	MID-SECTION	MEDI-BALL	BOXING CIRCUIT	CLASS 300			

1300-BOXFIT

(1300-269-348)