

The Boxing Shop

Weekly Session Schedule, current as at April 20th, 2008

Please note that this schedule is subject to adjustments without notice and does not include courses and programs that are scheduled to run throughout the year. Please see our Course Time Table for more information and enrolments. For more information, latest news and updates, please visit www.theboxingshop.com.au or call 1300 660017.



Membership & Training Rates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am	Programs	Group Training Early Birds LI -III	Programs	Group Training Early Birds LI -III	Programs	
6.00		5.30-6.30am		5.30-6.30am		
6.30		Ladies Only		Ladies Only		
7.00		Circuit Level I -III		Skills & Sparring		
7.30		6.30 – 7.30am		6.30 – 7.30am		
8.00						
8.30						Circuit
9.00						All Levels
9.30						8.30-9.30
10.30						
10.30						
11.00						
11.30	Lunch Time Group Boxing		Lunch Time Group Boxing		Lunch Time Group Boxing	CLOSED
12.00pm	** Off Peak		** Off Peak		** Off Peak	
12.30	11.30 – 12.30pm		11.30 – 12.30pm		11.30 – 12.30pm	
1.00						
1.30						
2.00						
2.30						
3.00						
3.30						
4.00	Under 16's		Under 16's			
4.30	4.00-5.00pm		4.00 -5.00pm			
5.00		Group Training Level II -III		Group Training Level II -III	Boxing/ L3	
5.30	Beginners	4.30-5.30pm	Beginners	4.30 – 5.30pm	Partner/ Pads	
6.00	Level I - II	Butterfly Level I	Level I-II	Ladies Only	Spar/ Skills	
6.30	5.30-6.30pm	5.30-6.30pm	5.30-6.30pm	Skills Level 1- 3	5.00 -6.30pm	
7.00	Boxing/ L3	Boxing/ L3	Boxing/ L3	6-7pm		
7.30	Pads, Skills, Bag/Ball	Sparring, Pads & Skills	Boxers Fitness			
8.00	6.30 -8.00pm	6.30 -8.00pm	7.00 -8.00pm			
8.30						
CLOSED						

Annual Membership to The Boxing Shop is \$45 and entitles you to reduced group training rates and 10% off all in store purchases over \$30

Members

(Adult) \$10.00
(Student) 7.00
(Under 16) 6.00
Off- Peak** 4.00

Non Members

(Adult) \$13.50
(Student) 10.00
(Under 16) 8.00
Off-Peak ** 7.00

10 Session Passes also available for Members Only. Please speak to reception.

Personal Boxing Training

1 Hour (Gym Based) \$65.00 (6- Packs Available)
½ Hour (Gym Based) \$40.00
1 Hour (Mobile) \$75.00
Head Coach – 1 Hour \$85.00
Head Coach- ½ Hour \$50.00
Head Coach Mobile P.O.A

10 Week Challenge \$1600.00

TRAINING SESSIONS for Level 1 to Level 3

Competitive Boxers / Level 3

Training for competitive professional and amateur Boxers or those at an advanced skill level and fitness.

Group Training

Open group – Skill & Fitness focussed sessions. Will vary according to the target Levels.

Beginners (Level 1)

Skill development and fitness conditioning from the basics.

Under 16's (Level 1 – Level 3)

Boxing skills and fitness for Juniors aged 8 – 16.

Ladies Only (for Levels 1 – Level 3)

Group training for ladies only. May include Butterfly Boxing.

Lunch-Time Group Boxing (Off Peak Sessions)

Learn Mastery of the Basics. Great Value for Everyone at our Off-Peak rate of \$4 for Members \$7 for Non Members

The Boxing Shop

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w) www.theboxingshop.com.au

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