

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5.30am	Male programs	5.30-6.30am Earlybirds	Male programs	5.30-6.30am Earlybirds	Male programs	
6.00am						
6.30am	Female programs		Female programs		Female programs	
7.00am						
7.30am						7.00am sparring
8.00am						8.30am
8.30am						8.30-9.30am Circuit
9.00am	<b>Open for Personal training and Unsupervised training</b>					
9.30am						*9.45-10.30 16 beg
10.00am						
10.30am	EDS		EDS		EDS	
11.00am	PRO'S		PRO'S		PRO'S	
11.30am						
12.00am	1/2 Hour Intense Calorie Burn - Box-Blast 12.00-12.30 Mon-fri ##					
12.30pm						
1.00pm						
1.30pm	<b>Open for Personal training and Unsupervised training</b>					
2.00pm						
2.30pm						
3.00pm		2.45-3.45pm Fit485		2.45-3.45pm Fit485		
3.30pm						
4.00pm	u/16 comp squad 3.45-4.45pm	*U/16 beginner 3.45-4.30 16	u/16 comp squad 3.45-4.45pm	*U/16 beginner 3.45-4.30 16	u/16 comp squad 3.45-4.45pm	
4.30pm	4.30-5.30pm Int/comp squad	4.30-5.30 Group training	4.30-5.30pm Int/comp squad	4.30 - 6.30 - 2 hr Open Pad work (all members)	4.30-5.30 Int/comp squad	
5.00pm						
5.30pm	5.30-6.30pm Beginners	5.30-6.30pm Int/comp squad	5.30-6.30pm Beginners	3min rounds	EDS training	
6.00pm				6.30-7.30pm Butterfly Boxing	5.15-6.45	
6.30pm	6.30-8.00pm, EDS Training					
7.00pm						
7.30pm						
8.00pm						

**Classes available per week**

	*U/16 Beg	U/16 comp	Beg Snr	Int Snr	Comp Sq	EDS
Classes/wk	*3	5+Comp	14	19	19+comp	12+ comp
Casual	*\$8.8		\$15	\$15	\$15	\$15.00
10 pass +1 Free	\$110		\$140	\$140	\$140	\$140.00
Direct Debit/wk		\$25.00	\$30	\$30.00	\$30	\$30
		Available to all levels of students except Beginner U/16's				

##Box Blast - 10 pack available at \$55 or \$8.80 per casual session \*U/16 Beg will pay \$8.80 until 26th April

\*\*u/16 Beg' will be term based as of 27th April - with discounts available when choosing more than 1 class per week

Students and Pensioners	Beg Snr	Int Snr	Comp Sq	EDS
Classes /wk	14	19	19+comp	12+ comp
Casual	\$ 12.00	\$ 12.00	\$ 12.00	\$ 12.00
10 pass+ 1 Free	\$ 110.00	\$ 110.00	\$ 110.00	\$ 110.00
Direct Debit /Wk	\$25	\$25	\$25	\$25

**Programs 2011**

Old School Fightcamp 1 - Feb14-Mar12

Butterfly Bootcamp 1- Feb14-Mar11

Old School Fightcamp 2 - June27-Jul23

Butterfly Bootcamp 2- June27-Jul22

Old School Fightcamp 3 - Sep26-Oct21

Butterfly Bootcamp 3- Sep26-Oct21

Butterfly Boxing 1	\$79.00
Butterfly Bootcamp	\$192.50
Old School fightcamp	\$317.90

**In House Competition - March 12, July 23 , Oct 21**

**Personal Boxing Training**

1/2hr or 1 hr with Head Coach	POA
1hr	\$71.50
1/2 intro session	\$35.00
1/2 Hr	\$44.00

Private classes x 1hr	(2-5 Students)\$99
	(6-10 Students)\$99
	(11-15Students)\$225
	(16+ P.O.A)



[www.theboxingshop.com.au](http://www.theboxingshop.com.au) **1300 66 00 17** [info@theboxingshop.com.au](mailto:info@theboxingshop.com.au)

## Classes available per week for students of all levels

### JNR U16 Beginners\*\*\*

Mon,Wed,Fri 3.45pm-4.45pm \*\*\* Until April 27th

\*\*\* At April 27th Classes will be Semester Based Programs Tue,Thurs 3.45pm-4.30pm,Sat 9.45am-10.30am

### JNR U16 Comp Squad

**Mon,Wed,Fri 3.45pm-4.45pm**,Thurs 4.30pm-6.30pm,Sat 7.00am-8.30am + **Competition**

### SNR Beginners

Mon -Lunch Boxing 11.30am-12.30am,**Beginners 5.30pm-6.30pm**

Tues-Earlybirds 5.30am-6.30am,Lunch Boxing 11.30am-12.30am,Fit 485 2.45pm-3.45pm,Group Training 4.30pm-5.30pm

Wed-Lunch Boxing 11.30am-12.30am,**Beginners 5.30pm-6.30pm**

Thurs-Earlybirds 5.30am-6.30am,Lunch Boxing 11.30am-12.30am,Fit 485 2.45pm-3.45pm,Open Padwork 4.30pm-6.30pm

Fri- Lunch Boxing 11.30am-12.30am,

Sat-Circuit 8.30am-9.30am

### SNR Intermediate/Comp Squad

Mon-Lunch Boxing 11.30am-12.30am,**Inter/Comp Squad training 4.30pm-5.30pm**,Beginners 5.30pm-6.30pm

Tues-Earlybirds 5.30am-6.30am,Lunch Boxing 11.30am-12.30am,Fit 485 2.45pm-3.45pm,Group Training 4.30pm-5.30pm,

**Inter/Comp Squad training 5.30pm-6.30pm**

Wed-Lunch Boxing 11.30am-12.30am,**Inter/Comp Squad training 4.30pm-5.30pm**,Beginners 5.30pm-6.30pm

Thurs-Earlybirds 5.30am-6.30am,Lunch Boxing 11.30am-12.30am,Fit 485 2.45pm-3.45pm,**Open Padwork 4.30pm-6.30pm**

Fri- Lunch Boxing 11.30am-12.30am,**Inter/Comp Squad training 4.30pm-5.30pm**

Sat-Sparring 7.00am-8.30am,Circuit 8.30am-9.30am

**+ Competition**

### SNR EDS - Elite Development Squad

Mon-EDS **10.30am-11.30am**, EDS **6.30pm-8.00pm**

Tues-Earlybirds 5.30am,EDS **6.30pm-8.00pm**

Wed-EDS **10.30am-11.30am**, EDS **6.30pm-8.00pm**

Thurs-Earlybirds 5.30am, **Open Padwork 4.30pm-6.30pm**

Fri- EDS **10.30am-11.30am**,EDS **5.15pm-6.45pm**

Sat-Sparring 7.00am-8.30am,Circuit 8.30am-9.30am

**+ Competition**



- ★ Personal Boxing Training is available for students of all levels
- ★ Set individual goals with your Personal coach and achieve them at a faster rate
- ★ Try our 10 week Personal Challenge

Call 1300 66 00 17 Email: [info@theboxingshop.com.au](mailto:info@theboxingshop.com.au)

[www.theboxingshop.com.au](http://www.theboxingshop.com.au)