

BOXING WORKS DARLINGHURST

23 Pelican Street, Darlinghurst, 2010 PH: 9267 7484

TIME	MON	TUE	WED	THU	FRI	SAT
6:30AM	BOXING Cardio	KICK BOXING Cardio	BOXING Cardio	KICK BOXING Cardio	KICK BOXING Cardio	
7:00AM		BOXING Cardio		BOXING Cardio		
12:10PM	<i>KICK-START Foundation</i>			F.I.T.		THAI BOXING Beginners <i>9:30-10:30</i>
1:10PM	KICK BOXING Cardio	BOXING Cardio	KICK BOXING Cardio	BOXING Cardio	BOXING Cardio	
5:30PM	KICK BOXING Cardio	BOXING Cardio	KICK BOXING Cardio	BOXING Cardio	F.I.T.	THAI BOXING Advanced <i>10:30-12:00</i>
5:30PM		BOXING Cardio-Tech		BOXING Cardio-Tech		
6:00PM	THAI BOXING Cardio-Tech		THAI BOXING Cardio-Tech	<i>KICK-START Foundation</i>		
6:15PM	BOXING Cardio	THAI BOXING Cardio-Tech	BOXING Cardio	THAI BOXING Cardio-Tech		
7:00PM	BOXING Cardio-Tech		BOXING Cardio-Tech			

CLASS DESCRIPTIONS

KICK-START FOUNDATION; An introduction to basic boxing and kickboxing technique. Class uses jump ropes and heavy bags.

BOXING/KICK BOXING CARDIO; Basic technique followed by plenty of cardio drills on the heavy bags.

BOXING: Fine tune your skills and train in advanced drills to build your speed, power and endurance. Includes pad work, bag work and partner sparring drills.

THAI BOXING: Authentic Thai Boxing using knee and elbow strikes as well as punches and kicks.

F.I.T: Functional Integrated Training. A high intensity workout, using weights, medicine balls and plyometric drills.

CASUAL FEES

CASUAL		\$25.00
10 VISIT CARD	<i>(card valid for three months from date of purchase)</i>	\$165.00
CASUAL MONTHLY	<i>(\$150 for each subsequent month)</i>	\$180.00

TERM MEMBERSHIPS

JOINING FEE		\$110.00
DIRECT DEBIT		
Fortnightly minimum term 6 months		\$55.00
Monthly minimum term 6 months		\$99.00
PAID IN ADVANCE		
1 Month paid in advance		\$130.00
3 Months paid in advance		\$330.00
6 Months paid in advance		\$599.00

www.boxingworks.com.au