

BOXING ROOM CLASS TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SCHEDULE						
6:15am Boxing fitness	6:15am Boxing fitness	6:15am BOX	6:15am Boxing fitness	6:15am Boxing fitness		
					7:30am Boxing fitness	
9:00am Boxing fitness	8:30am Pilates		8:30am Pilates	9:00am Boxing fitness	8:30am BOX	
	9:30am Boxing fitness	9:30am BOX	9:30am Boxing fitness		9:30am Boxing fitness	9:30am Boxing fitness
					10:30am Pilates	(Seasonal, please check members app)
					11:30am Come & try#	
AFTERNOON SCHEDULE						
4:30pm Boxing fitness	4:30pm BOX	4:30pm Boxing fitness				
5:30pm Boxing fitness	5:30pm Boxing fitness	5:30pm BOX	5:30pm Boxing fitness	5:30pm BOX		
6:30pm Boxing fitness	6:30pm Boxing fitness	6:30pm Boxing fitness	6:30pm BOX	6:30pm Pad work		
7:30pm BOX	7:30pm Fighters class*					

*6 week training camp is a prerequisite for the Fighters classes. #Free fortnightly session. Bookings essential.

WEIGHTS ROOM CLASS TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING SCHEDULE					
6:00-9:00am Strength & Conditioning		6:00-9:00am Strength & Conditioning	6:15am Fighters class*	6:00-9:00am Strength & Conditioning	7:00-9:00am Strength & Conditioning
					9:00-9:30am HIIT
					9:30-10:00am Kettlebell
					10:00-10:30am HIIT
AFTERNOON SCHEDULE					
6:30-7:00pm Kettlebell	5:30-7:30pm Strength & Conditioning	5:30-6:00pm Kettlebell	5:30-7:30pm Strength & Conditioning		
7:00-7:30pm HIIT		6:00-6:30pm HIIT			
7:30pm Tech session^			7:30pm Tech session^		

*6 week training camp is a prerequisite for the Fighters classes. ^Prerequisite for all boxing classes. Bookings essential

CLASS DESCRIPTIONS

BOXING FOR FITNESS

BOXING FITNESS (45M)

This class incorporates boxing combos, kicks, bodyweight and core work, plus a range of other gym equipment. The perfect class to increase your fitness or kickstart your weight loss goal.

BOX (45M)

This class is all about those punching combos. No kicks or other equipment, just you and the bag. Great for those of you with lower body injuries or who are just starting out on your fitness journey.

PAD WORK (45M)

In this session you will be working with a partner whilst learning to hold the pads and catch punches. This class is great for helping to improve your boxing technique and accuracy while providing you with an awesome workout.

FIGHT TRAINING & SPARRING

6 WEEK BOXING TRAINING CAMP

(Held various times throughout the year)

This 6 week intensive training camp is designed for anyone looking to step up their training or participate in advanced drills and sparring.

FIGHTERS CLASS (45M)*

A 45 minute advanced class for members who are keen to improve their boxing technique and progress into partner drills and sparring sessions.

SPARRING*

Various times, contact us for more info

This is your chance to practice what you've learned in our Fighters class in a controlled sparring environment.

Bookings are essential.

*Completion of our 6 week Fight Camp is mandatory before participation in fighters classes and sparring is possible. Mouth guards and head gear must be worn for these sessions.

STRENGTH & CONDITIONING

HIIT (30M)

In this session you'll be pushed to your absolute limit with short bursts of intense bodyweight movements, alternated with shorter recovery periods.

KETTLEBELL (30M)

A combination of cardiovascular, strength and flexibility training that is sure to put you through your paces.

PILATES (45M)

Low-impact exercises that aim to strengthen muscles while improving postural alignment and flexibility.

STRENGTH & CONDITIONING

A 45-60 minute program that can be done at your own pace. Each session incorporates a variety of free-weights and gym equipment, with a focus on resistance training and conditioning that is tailored to your individual strengths and weaknesses.

PRICELIST

COME & TRY FREE

Held on alternate Saturdays at 11:30am.
Bookings essential.

GET STARTED PACKAGE..... \$99

One month of unlimited classes (for new members only).

Includes compulsory technique session and hand protection.

WEEKLY MEMBERSHIPS

Premium membership..... \$55p/w
– Includes 1 weekly 30m PT session

TBR membership..... \$35p/w
– No lock-in contract
– Cancel with 30 days paid notice

6 month lock-in contract..... \$29p/w

12 month lock-in contract..... \$25p/w

Gym access membership..... \$15p/w
– Includes gym access and all non-boxing classes

All new memberships incur a one-off \$15 set-up fee.

CASUAL PASSES

1 session..... \$25
5 sessions..... \$100
10 sessions..... \$180
20 sessions..... \$300

PERSONAL TRAINING

45 minute 1 on 1 session with a trainer of your choice.

1 session..... \$65
6 sessions..... \$345
(Up-front payment required)

Student pricing available.

Contact us

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theboxingroom.com.au

Open daily

Weekdays..... 6am – 11am & 4pm – 8:30pm
Saturday..... 7am – 12:30pm
Sunday..... 9:30am – 11am

theBoxingroom