







What we do at Competitive Boxing & Fitness...

Boxing is accessible to all levels of fitness and no experience is required. Each session is totally different to the previous which allows you to enjoy multiple workouts each week. Our main emphasis of these classes are for you to learn the foundations of boxing, all while still having a great workout. Sessions start with a variety of drills (footwork, reaction, movement, boxing specific) then solid rounds on either the punching bags or pad/shields with our partners giving us all the sweat pouring boxing session we love. Boxing gloves, wraps & towel required.

This session is for those members who have already participated in our boxing sessions and are now looking to improve their boxing skills focusing more on partner work. These sessions are contact based in a controlled environment with our qualified instructors. PRIOR attendance to our Boxing class is required. You will require a mouth guard, 16oz boxing gloves, wraps and towel to participate

ADVANCED BOXING - ELITE DRILLS & FIGHT TEAM •

INVITE ONLY | In this session you have the ability to work with our qualified boxing trainers working on advanced technique boxing drills and skills for boxing competition. Due to the advanced level of participants in this class; our coaches will invite you to participate - PRIOR attendance to our Boxing/Intermediate Boxing required. You will require a mouth guard (compulsory), 16oz boxing gloves, wraps and towel to participate.

JUNIOR BOXING (~10-14yrs) |

These sessions have been designed to help our next generation of children enjoy a more healthy and active life. Teaching many principles of boxing at a young age have benefited many of our members children in the past. Learning the style of boxing is not only great for your childs fitness and wellbeing; it teaches them a lot about discipline and control. Suitable for ages yrs 10-14yrs. Boxing gloves & towels required.

12 ROUND BAG BUSTER / BOXING FOR FITNESS =

Bag Buster is 12 x 3min rounds back to back from start to finish with nothing short of sweat pouring, hard work, high intensity bag work consisting of combinations, exercises, skills and workout drills. If you're looking for a session to be pushed from start to finish, we highly recommend giving it a go! Boxing gloves, wraps & towel required.

BOX N BURN DIRECT FROM LOS ANGELES

#1 Boxing Fitness class in California featured in Men's Health Magazine

You'll have a blast learning REAL boxing technique; crushing the heavy bag & moving through strength & conditioning circuits with guided demo's on the TV's to help improve your overall body strength. Even on the toughest days, our team will get you through it no matter your fitness level. Every class is programmed by the best experts at Box N Burn to give you the most effective 45 minute workout possible. Boxing gloves, wraps & towel required,

PUNCH & HIIT - 50/50 BOXING FOR FITNESS & CIRCUIT TRAINING!

Punch & HIIT is a class that incorporates boxing on the bags with station circuit work in repeated bouts of short high-intensity exercise intervals using our strength and conditioning equipment. This is the session if you want to burn those calories. Suitable for all fitness levels, a great class for those looking to get back into working out and/or wanting a push to increase overall fitness. Boxing gloves, wraps and towel required.

LIFT - STRENGTH & CONDITIONING **•**

This class is for those who are interested in strength training and learning the correct form and technique required when lifting weights and/or performing any strength based exercises. These sessions are programmed in phases and progress is tracked using your own programmed workout sheet recording your progress and improvement over time. Lift safe, lift more, get strong. *Towel is essential.*

WE ALSO OFFER OUR SERVICES FOR

Session Times

Sport Teams Pre-Season Fitness | School Excursion Fitness Sessions | Corporate/Company Team Building Sessions and more...

DONT HAVE EVERYTHING YOU NEED? WE HAVE AVAILABLE TO PURCHASE AT OUR FACILITY

BOXING GLOVES - WRAPS - CLUB MERCHADISE - SPORTS DRINKS/SNACKS - MYZONE BELTS AND MORE

SESSION PRICES

JUNIOR CLASS ACCESS 10X JUNIOR PASS CASUAL CLASS ACCESS **10X CLASS PASS**

MEMBERSHIPS

UNLIMITED MEMBERSHIP

+ RECOVERY ZONE

UPFRONT MEMBERSHIPS . 6 & 12MNTHS OPTIONS

FAMILY MEMBERSHIPS FIFO MEMBERSHIPS

CLASSES

\$15 PER CLASS \$140 PER PASS \$25 PER CLASS \$185 PER PASS 2MNTH EXPIRY

INCLUDES UNLIMITED CLASSES GYM ACCESS. (3MNTH / + DEBIT FEES)

S40 PER WEEK

+\$12.50 PER WEEK

DISCOUNT APPLY - SPEAK TO OUR TEAM FOR MORE INFO.

CUSTOM PACKAGES AVAILABLE

PAY FOR YOUR HOME ROSTER ONLY!

PERSONAL TRAINING / COACHING

1X 30MIN PT 1X 45MIN PT 1X 60MIN PT \$50 PER SESSION \$60 PER SESSION \$70 PER SESSION

PT PACKS AVAILABLE SPEAK TO OUR STAFF FOR BUNDLE DISCOUNTS

RECOVERYZONE \$25 CASUAL RECOVERY SESSIONS ICE BATH & STEAM ROOM ACCESS

STEAM ROOM - WHAT DOES IT DO?

Set at 40°, the steam room offers a lower temperature heat with relative humidity set at 100%. Steam rooms have many intrinsic health benefits to help reinvigorate your mind and body.

Some of the main health benefits include: Improves Circulation, Lowers Blood Pressure, Reduces Stress, Clears Congestion, Promotes Skin Health, Aids In Workout Recovery, Loosens Stiff Joints, Burns Calories & More...

ICE BATH / PLUNGE - WHAT DOES IT DO?

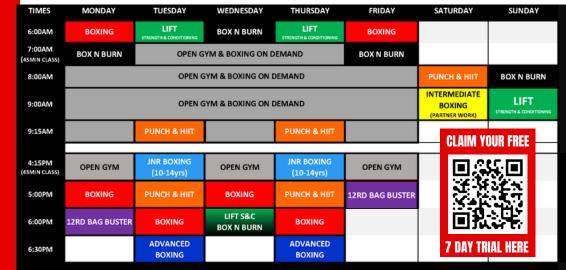
Set between 6-8 degrees Cold water immersion (CWI) exposes your body to extreme coldness. It's a huge stressor that the body is not familiar with. As a result, your system will be shocked, your breathing will be erratic, and your body will need time to adapt. But as you build tolerance, and your breathing calms, your doorway into the mental and physical benefits begins to open

EVOLT 360 BODY COMPOSITION SCANNER EVOLT360 BODY SCAN - \$30 PER SCAN

The Evolt 360 Body Composition Scanner, what we call the Intelligent Body Scanner, is a simple-to-use 60-second scan that provides detailed data about a body through more than 40 measurements. It works simply by passing a safe electrical current through the feet and hands. SCAN - TRACK - REPEAT

OTHER FACILITIES AVAILABLE TO MEMBERS

SHOWERS/CHANGEROOMS | KIDZONE PLAY AREA WHILE MUM/DAD TRAIN (UNATTENDED)



WE HAVE OUR OWN MOBILE BOOKING PHONE APP DOWNLOAD NOW TO BOOK INTO YOUR CLASSES





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