



"We're More Than Just a Gym... We're a Family!"

# CLASS SCHEDULE

9248-6966

30 Finance Place, Malaga

@CompetitiveBoxingMalaga

@CompetitiveBoxingGym

www.competitiveboxing.com.au

## What we do at Competitive Boxing & Fitness...

### BOXING

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.**

### INTERMEDIATE BOXING - PARTNER WORK

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 child's 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

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 MERCHANDISE - SPORTS DRINKS/SNACKS - MYZONE BELTS AND MORE

### SESSION PRICES

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

### CLASSES

\$15 PER CLASS  
\$140 PER PASS  
\$25 PER CLASS  
\$185 PER PASS <sup>2MTH EXPIRY</sup>

### MEMBERSHIPS

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

UNLIMITED MEMBERSHIP  
UNLIMITED CLASS ACCESS  
+ RECOVERY ZONE  
UNLIMITED ICE BATH/STEAM ROOM ACCESS

\$40 PER WEEK  
+\$12.50 PER WEEK

UPFRONT MEMBERSHIPS  
3, 6 & 12MTHS OPTIONS

DISCOUNT APPLY - SPEAK TO OUR TEAM FOR MORE INFO.

FAMILY MEMBERSHIPS  
SAME HOUSEHOLD DISCOUNTS  
FIFO MEMBERSHIPS

CUSTOM PACKAGES AVAILABLE

PAY FOR YOUR HOME ROSTER ONLY!  
SPEAK TO OUR STAFF FOR MORE INFO.

### 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

### RECOVERY ZONE

ICE BATH | STEAM | COMPRESSION

\$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)

## Session Times

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BOXING	LIFT STRENGTH & CONDITIONING	BOX N BURN	LIFT STRENGTH & CONDITIONING	BOXING		
7:00AM (45MIN CLASS)	BOX N BURN	OPEN GYM & BOXING ON DEMAND			BOX N BURN		
8:00AM	OPEN GYM & BOXING ON DEMAND					PUNCH & HIIT	BOX N BURN
9:00AM	OPEN GYM & BOXING ON DEMAND					INTERMEDIATE BOXING (PARTNER WORK)	LIFT STRENGTH & CONDITIONING
9:15AM		PUNCH & HIIT		PUNCH & HIIT		<div>CLAIM YOUR FREE</div> <div></div> <div>7 DAY TRIAL HERE</div>	
4:15PM (45MIN CLASS)	OPEN GYM	JNR BOXING (10-14yrs)	OPEN GYM	JNR BOXING (10-14yrs)	OPEN GYM		
5:00PM	BOXING	PUNCH & HIIT	BOXING	PUNCH & HIIT	12RD BAG BUSTER		
6:00PM	12RD BAG BUSTER	BOXING	LIFT S&C BOX N BURN	BOXING			
6:30PM		ADVANCED BOXING		ADVANCED BOXING			

CLAIM YOUR FREE



7 DAY TRIAL HERE

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