

FROM 1 January 2012

TIMETABLE

Please arrive 15 minutes before classes. Please note all classes run for 1 hour duration

It is important for health and safety reasons that you warm up and wrap hands before all classes

What to bring: towel, water bottle and energy!

Fitness & Boxing classes questions & feedback please direct them to **Riccardo** on 0405 905 559 or via coach@onemorround.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOXING & FITNESS GYM	6.00		*FITNESS	*FITNESS	*FITNESS	*FITNESS	
	7.00						
	8.00						
	9.30	* LADIES (ONLY)	* LADIES (ONLY)	* LADIES (ONLY)	* LADIES (ONLY)	* LADIES (ONLY)	
	10.00						*FITNESS
	10.30						
	11.00						
	2.00						
	3.00						
	4.00	*KIDS		*KIDS		*KIDS	
	5.00	*FITNESS	*FITNESS	*FITNESS	*FITNESS	*FITNESS	
	6.00	*BOXING	*BOXING	*BOXING	*BOXING		
	7.00					*OMR FIGHT NIGHT	

*ONE ON ONE & PRIVATE SESSIONS BY APPOINTMENT

SESSIONS AVIALABLE

- * BOXING (COMPETITION)
- * FITNESS (BOXERCISE)
- * LADIES (ONLY)
- * KIDS (AGES 8-14)
- * OMR FIGHT NIGHT (**COMPETITION & INTRODUCTION SPARRING**)
- * COPORATE, SCHOOL, TEAM & GROUP TRAINING (BOOK NOW)

That's how you win!