



BOXING FITNESS GYM

PHONE
9414 1141

DOWNLOAD
TIMETABLE



	Mon	Tue	Wed	Thu	Fri	Sat	Sun/Public Hol
5am	Boxing	Boxing	Boxing	Body Work	Boxing	Closed (Open 6am)	CLOSED (Open 8am)
6am	Boxing	Boxing	Boxing	Boxing	Boxing	Tanks	
7am	Boxing	Boxing	Boxing	Boxing	Body Work	Tanks	
7:15am	Open Gym					Boxing	Boxing
8:15am	Open Gym					Boxing	
9:15am	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing
10:15am	Open Gym					Body Work	No Rules
11:15am	Open Gym					Beginners	Beginners
12pm	Boxing	Boxing	Boxing	Boxing	Body Work	Open Gym	Open Gym
1pm	Boxing	Body Work	Boxing	No Rules!	Boxing	CLOSED at 12:30pm	
2-3PM	Open Gym						
4PM	Boxing	Boxing	Tanks	Body Work	Boxing		
			Boxing				
5pm	Boxing	Boxing	Boxing	Boxing	Beginners		
6pm	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30pm		Tanks					
7pm	Body work	Body work	Body work	No Rules!	Open Gym		
	B+ Boxing	Body work	B+ Boxing				
8pm	Boxing	Beginners	Boxing	Beginners	Closed		



www.round1fitness.com.au

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