

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Boxing Gym	Strength Gym	Boxing Gym	Strength Gym	Boxing Gym	Strength Gym	Boxing Gym	Strength Gym	Boxing Gym	Strength Gym	Boxing Gym	Strength Gym	Boxing Gym	Strength Gym	
5:00															
5:30	BoxPlus	Functional Fitness	BoxFit	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness					
6:00	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness			
6:30															
7:00	BoxPlus		BoxPlus		BoxFit		BoxPlus								
7:30									Body Work						
8:00											Rolling Thunder				
8:30												Hammer Time	BoxPlus	Functional Fitness	
9:00	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness		Functional Fitness	BoxPlus	Fully Loaded	
9:30															
10:00															
10:30															
11:00															
11:30															
12:00	BoxFit		BoxPlus		BoxPlus		BoxPlus		BoxPlus						
12:30															
13:00		Functional Fitness		Functional Fitness		Functional Fitness		Functional Fitness		Functional Fitness					
13:30															
14:00															
14:30															
15:00															
15:30															
16:00	BoxPlus	Developing Athletes	BoxPlus	Developing Athletes	BoxPlus	Developing Athletes	BoxPlus	Developing Athletes	BoxPlus						
16:30															
17:00	BoxFit	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness	BoxPlus	Functional Fitness							
17:30															
18:00	BoxPlus	Functional Fitness	BoxFit	Functional Fitness	BoxPlus	Functional Fitness	BoxFit	Functional Fitness			BoxPlus	Functional Fitness			
18:30															
19:00		Fully Loaded		Ladies Lifting		Fully Loaded		Boys Club							
19:30	BoxPlus		BoxPlus		BoxPlus		BoxPlus								
20:00															
20:30															

### Boxing Gym Classes

<b>BoxPlus</b>	Our SIGNATURE workout – a combination of boxing, strength movements (barbells, kettlebells, dumbbells, slam bags) and cardio activities (bikes, ski-ergs, rowers) for a true HIIT, cross-training experience.
<b>BoxFit</b>	The perfect workout to BURN FAT and BUILD CONFIDENCE. You will kick things off with a warmup, move through some technique drills then get into it – combos, bag-based conditioning, speedball, bodyweight work and abs!
<b>Rolling Thunder</b>	"Rolling Thunder" is a BoxPlus class that runs 'FOREVER!' Every Saturday (and Public Holiday) we kick off 'Rolling Thunder' - a continuous class that starts when you arrive and finishes when you are done. Feel like doing a little 'less' than usual? No worries, it's up to you! Want to extend your session and do a bit MORE? No need to wait for another class...this one goes 'FOREVER!' (p.s. The coaches still control and patrol the gym - you wont be left COMPLETELY to your own devices...there is just no fixed start or end time!)
<b>Body Work</b>	A class designed as a bit of a 'change of pace' for Round 1 Boxing members - giving them the chance to focus on the cardio and strength elements of their training. You wont need any boxing gear - all that's needed is a positive attitude!

### Strength Gym Classes

<b>Functional Fitness</b>	A comprehensive strength and conditioning program that combines expert coaching with hands-on training. We focus on functional movements that enhance your daily life, emphasizing strength, mobility, and endurance.
<b>Developing Athletes</b>	The ideal choice for young athletes (ages 12-17) engaged in field sports. In this program, akin to our Functional Fitness classes, we place a strong emphasis on proper coaching and supervision. We're not just about workouts; we're about teaching.
<b>Fully Loaded</b>	Our dedicated "lifting-only" session, we prioritize one thing: lifting weights and getting strong. No frills, no distractions—just focused, effective lifting.
<b>Ladies Lifting</b>	Our "Ladies Lifting" class empowers women to embrace the world of weightlifting. Whether you're a beginner or looking to advance your lifting skills, our all-female setting provides the guidance, camaraderie, and encouragement you need to thrive.
<b>Boys Club</b>	"Boys Club" is all about lifting weights, pushing sleds, and having a blast while getting fit. In this high-energy session, young men (and not so young!!) can unleash their inner athletes, build strength, enjoy some camaraderie...and of course sledge one another mercilessly!
<b>Sparta</b>	Our Saturday Fun Day - Team workouts, high reps, high intensity and high energy. Sparta is designed to be a 'Workout' only session - there is no scheduled 'strength' block - and often featured some fun and different exercise combinations to challenge every SPARTAN!
<b>Hammer Time</b>	Round 1 is an Authorised Hammer Strength Training Centre and this class is dedicated to harnessing the power of Hammer Strength plate-loaded machines to achieve hypertrophy and enhance strength endurance.