

FIGHTING FIT

AUSTRALIA

BOXING

Burn 500-800 calories per session!!!

Boxing is an amazing tool in any fitness armoury.

- ✓ Increase Self Confidence
- ✓ Burn fat
- ✓ Increase lean Muscle Mass
- ✓ Tone Up
- ✓ Learn to defend Yourself

You will learn correct boxing technique and apply training methods that give boxers a lean, ripped physique.

We have a Three Tier Certificate Course offering which will see you expand your skills and knowledge in the art of boxing.

Boxing Circuit classes are run every Monday, Wednesday and Friday, (morning and night).

These classes will be the most effective fat-burn, cardio and full body workout you will experience anywhere.

Classes Mon, Wed, Fri : 5:15am,
6:00pm

1-on-1 technique training is also available

****Session timings may change, check updated Training Schedule for any changes.***



Boxing is a fantastic way to get fit.

Learn the skills of a professional fighter without getting hit.

The training methods that have been used by fighters over the years are adopted into these sessions. Our trainers all have real fight experience and will use this experience to guide you through an amazing workout.



Fighting Fit Toowoomba Level 1 / 491 Ruthven Street (above Curtain Warehouse).

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