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### **Overhaul:**

Overhaul is a six week boot camp program run every Tuesday, Thursday and Saturday. It's predominately an outdoor program and all fitness levels are catered for.

**Cost:** \$375

**Dates:** 31<sup>st</sup> January to 10<sup>th</sup> March

### **Fight Camp:**

Fight Camp is a six week highly intensive program simulating the preparation for a professional fighter. Training is six times per week Monday, Wednesday and Friday at both 5:15am and 6:00pm. The morning session is joined in with our normal Open Group Boxing Session however the 6:00pm session is only for Fight Camp attendees where we focus on technique and ring skills.

**Cost:** \$375

**Dates:** 30<sup>th</sup> January to 9<sup>th</sup> March

### **Kettlebell Bootcamp:**

KB Bootcamp is a four week intensive KB program. No previous KB experience is required as participants will start with basic technique and work their way through to advanced.

This program is run every Monday, Wednesday and Friday at 6:00pm.

**Cost:** \$250

**Dates:** 6<sup>th</sup> February to 2<sup>nd</sup> March

### **Mummy Overhaul:**

Mummy Overhaul is a new program here at Fighting Fit. It's a lower level fitness program aimed at Ladies Only. Whilst it's aimed at women returning to exercise post- baby it's suitable for any ladies to join.

Training will be Tuesday and Thursday at 10:00am.

**Cost:** \$150

**Dates:** 7<sup>th</sup> February to 1<sup>st</sup> March

