

OPEN GROUP TIMETABLE

	AM	PM
MON	5.00am – Pedal to the mat 5.30am – Boxing & Conditioning 5.45am – Pilates (Pure Pilates Russell St) 9.00am – Boxing & Conditioning	5.30pm – Boxing & Conditioning
TUES	5.00am – Pedal to the pavement 5.30am – Hybrid 5.45am – Ladies Only 9.00am - Hybrid	4.00pm – Teens Fitness (13+ years) 4.00pm – Hybrid 5.30pm – Hybrid
WED	5.30am – Boxing & Conditioning 9.00am – Boxing & Conditioning	4.00pm – Teens Fitness (13+ years) 4.00pm – Boxing & Conditioning 5.30pm – Boxing & Conditioning/Hybrid
THURS	5.30am – Hybrid 5.45am – Ladies Only 9.00am - Hybrid	4.00pm – Teens Fitness (13+ years) 4.00pm – Hybrid 5.30pm – Hybrid
FRI	5.30am – Boxing & Conditioning 5.45am – Pilates (Pure Pilates Russell St) 9.00am – Hybrid	5.30pm – Boxing & Conditioning OR Hybrid
SAT	5.00am – Sufferfest 6.30am – Hybrid	

NO JOINING FEE OR LOCK IN CONTRACTS

\$60 a month for your first 3 months unlimited.

General Membership Prices

Pay by the session	\$15
Weekly prices: 2 sessions	\$25
3 sessions	\$35
4 sessions	\$40
5 session or more	\$50
Students under 22yr	\$30 <i>(unlimited weekly)</i>
Kids & Teens Program	\$5 <i>(pay by the session) / \$20 (weekly)</i>
School term	\$75 <i>(discounts apply for more than 2 children)</i>

NOTE: You will be placed onto our Direct Debit system (unless special circumstances), please note DD can be placed on hold or cancelled at no cost.



FIGHTING FIT PROGRAMS



BOXING & CONDITIONING

Ready to lose weight, tone up, get fit and have fun in the process? Feel energised and revitalised, join others and adopt a healthy active lifestyle in a welcoming environment today! Boxing utilises the traditional combat and fitness training of boxing to increase and build core body strength, agility, speed and coordination in a fun and fast paced high intensity cardio workout. Our classes are suitable for all fitness levels, these classes generate results and focuses on boosting your overall fitness, building lean muscle and improving self-esteem in the ultimate fitness experience.

Our boxing classes are great stress relief, low impact, high-energy workout that incorporates solid pad work, boxing fitness, body bag work, core strength, resistance work and circuit training, with an emphasis on boxing. These classes are fantastic fat burners and confidence builders as you learn some proper boxing technique along the way. Sessions consist of conditioning, calisthenics, kettlebells & cardio along with bag work, focus pads and other boxing skills.

Our boxing & conditioning classes are designed for any fitness level and any skill level using suitable training methods where we scale the activities to suit you. If you are looking for an intense workout that is both time efficient and highly effective in improving your fitness, increasing lean muscle mass and shredding fat, then our sessions are what you need - we make it fun, addictive and as challenging as you want it to be!



HYBRID CLASSES

These sessions are consistently varied, to give you a complete workout. Your training will not experience the plateau that comes with the same pre-choreographed same training routines. Each session is structured and will be based on variety. Hybrid training is safe and fun, and has been developed to allow for an individual's conditioning to be gradually built up focusing on strength and conditioning, endurance, flexibility, power, speed generated from high-intensity interval training, Olympic weightlifting, plyometrics, powerlifting, gymnastics, calisthenics, strongman, kettlebells and so much more.

These programs are designed for universal scalability making it the perfect application for any committed individual regardless of experience. We believe improving your strength through a well-structured program will have the greatest impact on improving your overall health and fitness. Strength & Conditioning forms our Hybrid base and we combine it with Fighting Fit Australia methodologies to what we believe to be an ideal formula to provide an ultimate all round level of fitness safely and effectively. Suitable for all levels of fitness.



LADIES PROGRAM

Ladies only sessions consist of a mix of fitness styles and areas. Cardio, core, strength, muscular toning and endurance and much more. We use a variety of training methods designed just for women of all levels. Find a better version of yourself and meet some great ladies whilst you all become stronger, happier and healthier. You will be surrounded by some beautiful women both in trainers and your fellow exercise buddies.



FIGHTING FIT TEENS

Take time between study and school to clear the mind, catch up with friends, and get active! A place for teens to socialise in a small group whilst doing something active and fun alongside our adult members. Fighting Fit Teens is tailored to suit any level of fitness plus we also offer students advice relating to health, well-being and nutrition.



PILATES

Our method is an innovative program that fuses fitness techniques from Pilates, Core and Functional intervals. This is the perfect combination of strength and flexibility with an added cardiovascular endurance element. This method focuses on proper anatomical biomechanics with techniques for a safe and fun session that can be modified for all individuals. Our Pilates sessions are run out of the Pure Pilates Studio located on Russell Street.



SUFFERFEST (BOOKINGS ONLY)

High Intensity Interval workouts for the cycle enthusiast. Done in front of some of the best cycling training videos in the world. High-intensity interval workouts designed by world-class coaches, amazing music, clear instructions and official footage from the Tour de France, World Championships and more. Sufferfest structure high-intensity interval workouts, designed by coaches of the stars like Neal Henderson of Apex Coaching and Stephen Gallagher of Dig Deep, all have a specific purpose. Whether you want to improve climbing, sprinting, speed or power in your sport, we have the session for you. Suitable for beginners to the professional athletes. Sufferfest will motivate you to push further than you thought possible.



PEDAL TO THE PAVEMENT/MAT

Pedal is a specific format of indoor cycling. Pedal is a cardio workout set to music and led by a qualified instructor and either finished with a road run or stretch session. Most classes last between 45 to 60 minutes. Pedal is great for those who want a motivating workout that they can control at their own pace. Even if you're not into choreography-based fitness classes, you can still enjoy Pedal because it involves neither rhythm nor complex moves. It's low-impact, so it's very suitable for people who want to balance out higher-impact exercises (like running) or for people who have some joint problems.

CALL US 0421 931 182

www.fightingfit.net.au



"Stronger - Happier - Healthier"