

# OPEN GROUP TIMETABLE

	AM	PM
<b>MON</b>	5.30am – Boxing & Conditioning 5.45am – Pilates (Pure Pilates Russell St) 9.00am – Boxing & Conditioning	5.30pm – Boxing & Conditioning
<b>TUES</b>	5.30am – Hybrid 5.45am – Ladies Only 9.00am – Hybrid	4.00pm – Hybrid 5.30pm – Hybrid
<b>WED</b>	5.30am – Boxing & Conditioning 9.00am – Boxing & Conditioning	4.00pm – Boxing & Conditioning 5.30pm – Boxing & Conditioning/Hybrid
<b>THURS</b>	5.30am – Hybrid 5.45am – Ladies Only 9.00am – Hybrid	4.00pm – Hybrid 5.30pm – Hybrid
<b>FRI</b>	5.30am – Boxing & Conditioning 5.45am – Pilates (Pure Pilates Russell St) 9.00am – Boxing & Conditioning	5.30pm – Boxing & Conditioning
<b>SAT</b>	6.30am – Hybrid	

## NO JOINING FEE OR LOCK IN CONTRACTS

### General Membership Prices

Pay by the session	\$20
Weekly prices: 2 sessions	\$25
3 sessions	\$35
4 sessions	\$40
Unlimited	\$50
Students under 22yr	\$30 (unlimited weekly)
Teens	\$10 (pay by the session)
School term	\$100



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.



## 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.



## PERSONAL TRAINING

A stronger, happier, healthier life is really what it's all about and that means different things to different people. To most it means feeling better, looking better and functioning better in all areas of your life. We understand that to improve all these things takes a focused approach and it's not easy.

Our PT sessions focus on steadily improving your performance or maximising your existing training by pushing you to be the best you can be. You will gain immense benefit from specific and tailored Hybrid training methods. These sessions are individualised to your fitness, ability, muscular imbalances, and goals, while keeping the demands of your lifestyle in mind. We are here to help you improve, not just wear you out.

Our purpose is to help you achieve your goals through safe and effective exercise whilst providing guidance and motivation 1 on 1 or with a small group of friends, family or colleagues.

**CALL US 0421 931 182**

**[www.fightingfit.net.au](http://www.fightingfit.net.au)**

