



# Boxing for Fitness



Registered and Accredited facility of the Australian Academy of Boxing  
NCAS Registered Boxing Coach.

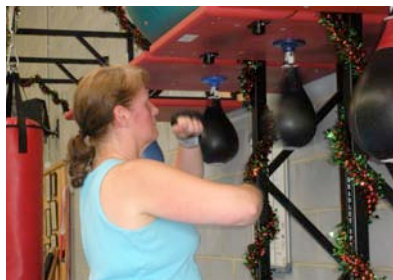
**Want to gain the health and fitness benefits of boxing without hiring a personal trainer or taking out a gym membership. Here's how!**

**Boxing for fitness uses focus pads, speed balls, floor to ceiling speed balls punching bags, core stability exercises and more. Learn authentic boxing based techniques to improve fitness, co-ordination and mental focus in a self-paced, safe and enjoyable environment. Participate in motivating group classes for a quality workout.**

## Enjoy our Quality Equipment & Facilities



- Increase fitness & stamina
- Improve boxing technique
- Gain focus and control
- Reduce stress
- Improve muscle tone
- Gain strength & core stability
- Feel good & look great!



## Cost Options

**'Have a Go' 3 Class Pass \$35**

Valid for 2 weeks

**5 Class Card \$70**

Valid for 1 month

**10 Class Card \$130**

Valid for 3 months

**3 Month 'unlimited classes' \$280**

Great value for those doing 2 or more sessions per week.

**'Special' Beginner Pack \$200**

Includes 10 class pass plus quality leather boxing gloves 10-16oz & wraps (Valued at \$225)  
Pass Valid for 3 months



**Quality leather boxing gloves 10 to 16oz plus wraps \$95**

**Ask about Personal Training Sessions (Boxing Specific) - POA.**

## Class Times

See over for centre timetable for boxing classes.

## Location

Aiki-Centre - 44 Lynch St. Hawthorn

**9815 3388**

[www.aikicentre.com.au](http://www.aikicentre.com.au)

# Aikido and Boxing Training Timetable

Aiki-Centre - Hawthorn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	6.30am BOXING Fitness Workout - Duration 1hr		6.30am BOXING Fitness Workout - Duration 1hr				
	9.15 AM BOXING Fitness Workout - Duration 1hr.		9.15 AM BOXING Fitness Workout - Duration 1hr		9.00 AM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.		
					9.45 AM AIKIDO Aiki - Intermediate 10 yrs + Duration 45mins.	AIKIDO & KOBUDO Training SEMINARS & other special weekend training events.	
Also available Personal Training - Boxing Specific						10.30 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 2 hrs	(As scheduled)
4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.			4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.				
5.15PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.			5.15 PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.		AIKIDO SEMINARS & other special weekend training events. (As scheduled)		
	6.30 PM BOXING Fitness Workout - Duration 1hr.	6.30 PM BOXING Fitness Workout - Duration 1hr.	6.30 PM BOXING Fitness Workout - Duration 1hr.				
6.45 PM AIKIDO Adults - Beginners to 4th Kyu Duration 1hr.				AIKIDO SEMINARS & other special weekend training events. (As scheduled)			
7.45 PM KOBUDO Weapon Arts Practice Session Duration 1hr.	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins	7.30 PM SELF DEFENCE Short Course Refer to course info for dates 1hr. 30mins	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins				

Timetable is subject to change, as classes are scheduled according to demand.

**Aikido: Teens are permitted to train in the adult Beginners and Saturday morning sessions. Subject to Sensei approval.**

Aiki-Centre Hawthorn - 44 Lynch St. Hawthorn  
Ph. 9815-3388

Jul-10