



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!



Xmas Specials

6 month UNLIMITED classes

also

Beginner Pack
w/ Gloves & Wraps

Great Gift Idea

Call us or check website for details.
Offer ends 24th Dec. 09

Cost Options

'Have a Go' 3 Class Pass \$30
(Bring a friend for an additional ½ price pass)
Valid for 2 weeks

5 Class Card \$60
Valid for 1 month

10 Class Card \$110
Valid for 3 months

3 Month 'unlimited classes' \$230

'Special' Beginner Pack \$175

Includes 10 class pass plus quality leather boxing gloves 10-16oz & wraps (Valued at \$192)
Pass Valid for 3 months



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

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 SEMINARS & other special weekend training events. (As scheduled)
Also available Personal Training - Boxing Specific						
					10.30 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 2 hrs	
4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.			4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.		1.00 PM AIKIDO Adults - Special All levels grading prep. & other	
5.15PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.			5.15 PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.			
	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 training events. (As scheduled)		
	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins	7.30 PM AIKIDO Adults - Special All levels grading prep. & other	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

Jan-09