

# Boxing for Fitness @ Aiki-Centre

## Xmas Specials

☞ **3 or 6 months** boxing training - great opportunity to keep fit and toned well into 2012.

☞ **Unlimited** boxing classes - early morning and evening classes available. Great value for those doing 2 or more sessions per week.



☞ **Expert** instruction and skill development including boxing footwork, correct punching technique, master the speedball and enjoy a motivating workout.

☞ **Quality** equipment and facility is conveniently located in Lynch St. Hawthorn

Great value ..... **3 months** @ \$250 or **6 months** @ \$410

### Special 'Beginner Pack' offer:

**Includes** the above 3 or 6 months unlimited training **PLUS:**

☞ Quality pair of 10-16oz **Leather Boxing Gloves** & hand wraps

great value ..... **3 months** @ \$330 or **6 months** @ \$460

**Offer ends 24<sup>th</sup> December 2011**

**'Great gift idea for yourself  
or someone special'**

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



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# 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  
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Jul-10