



REMEMBER YOU **MUST** BOOK FOR EACH CLASS THROUGH THE BURN BOXING AND FITNESS APP AVAILABLE FOR APPLE AND ANDROID DEVICES

1ST JULY - 31ST AUGUST 2022

| Monday                                      | Tuesday                                      | Wednesday                                   | Thursday                                   | Friday                                      | Saturday                                  | Sunday                                    |
|---|--|---|--|---|---|---|
| <b>SUPER N.R.G</b><br>(6:05am - 6:35am)     | <b>SUPER SESSION</b><br>(6:05am - 7:05am)    | <b>HARDCORE</b><br>(6:05am - 6:35am)        | <b>SUPER SESSION</b><br>(6:05am - 7:05am)  | <b>BODY BURN</b><br>(6:05am - 6:35am)       |   |   |
| <b>EXPRESS SUPER</b><br>(6:40am - 7:10am)   |  | <b>BOXING CIRCUIT</b><br>(6:40am - 7:10am)  |  | <b>KETTLEBLOX</b><br>(6:40am - 7:10am)      |   |   |
| <b>GYM CLOSED</b><br><b>7:30am - 9:00am</b> |  |   |  |   | <b>SUPER SESSION</b><br>(7:30am - 8:30am) |   |
|   |  |   |  |   | <b>SUPER SESSION</b><br>(8:45am - 9:45am) | <b>SUPER SESSION</b><br>(8:30am - 9:30am) |
| <b>SUPER SESSION</b><br>(9:30am - 10:30am)  | <b>HARDCORE</b><br>(9:30am - 10:00am)        | <b>BODY BURN</b><br>(9:30am - 10:00am)      | <b>SUPER SESSION</b><br>(9:30am - 10:30am) | <b>BOXING CIRCUIT</b><br>(9:30am - 10:00am) |   |   |
|   | <b>BOXING CIRCUIT</b><br>(10:05am - 10:35am) | <b>EXPRESS SUPER</b><br>(10:05am - 10:35am) |  | <b>SUPER N.R.G</b><br>(10:05am - 10:35am)   |   |   |
| <b>CLOSED BETWEEN 12:00PM - 3:30PM</b>      |  |   |  |   |   |   |
| <b>BOXING CIRCUIT</b><br>(5:00pm - 5:30pm)  | <b>SUPER N.R.G</b><br>(5:00pm - 5:30pm)      | <b>KETTLEBLOX</b><br>(5:00pm - 5:30pm)      | <b>EXPRESS SUPER</b><br>(5:00pm - 5:30pm)  | <b>SUPER SESSION</b><br>(5:15pm - 6:15pm)   |   |   |
| <b>HARDCORE</b><br>(5:35pm - 6:05pm)        | <b>SUPER SESSION</b><br>(5:35pm - 6:35pm)    | <b>BOXING CIRCUIT</b><br>(5:35pm - 6:05pm)  | <b>KETTLEBLOX</b><br>(5:35pm - 6:05pm)     |   |   |   |
| <b>SUPER N.R.G</b><br>(6:10pm - 6:40pm)     |  |   | <b>BODY BURN</b><br>(6:10pm - 6:40pm)      | <b>BOXING CIRCUIT</b><br>(6:10pm - 6:40pm)  |   |   |
| <b>EXPRESS SUPER</b><br>(6:45pm - 7:15pm)   | <b>BOXING CIRCUIT</b><br>(6:45pm - 7:15pm)   | <b>SUPER N.R.G</b><br>(6:45pm - 7:15pm)     | <b>BODY BURN</b><br>(6:45pm - 7:15pm)      | <b>SUPER SESSION</b><br>(7:20pm - 8:20pm)   |   |   |
| <b>BOXING CIRCUIT</b><br>(7:20pm - 7:50pm)  | <b>HARDCORE</b><br>(7:20pm - 7:50pm)         | <b>EXPRESS SUPER</b><br>(7:20pm - 7:50pm)   |  |   |   |   |
| <b>KETTLEBLOX</b><br>(7:55pm - 8:25pm)      | <b>BODY BURN</b><br>(7:55pm - 8:25pm)        | <b>HARDCORE</b><br>(7:55pm - 8:25pm)        |  |   |   |   |

Mon-Thurs: 6:00am - 9:00pm; Fri: 6:00am-7:00pm  
 Mon-Fri: 7:30am - 9:00am & 12:00pm-3:30pm - CLOSED  
 Sat: 7:00am - 11:00am; Sun: 8:00am - 10:00am

**#FEELTHEBURN**

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\* Between 9:00am - 12:00pm Monday to Friday parents are welcome to bring their children along - excludes weekends.



## Class Descriptions

1<sup>st</sup> July to 31<sup>st</sup> August 2022

### **Body Burn (Gloves/wraps)**

Based on traditional Japanese Tabata method of training and is one of the fastest ways of increasing cardio fitness, while incorporating resistance strengthening. This is a great class to burn the fat and get fit fast!

### **Boxing Circuit (Gloves/wraps)**

This class is for all levels of fitness, using state of the art boxing equipment. Trainer will do hands on focus pad training with each member throughout the entire class. Great for fat burning and stress release with low impact on the joints.

### **Express Super (Gloves/wraps)**

Don't have time or the energy to complete our one our high-intensity Super Session? Then we've got the next best thing... Express Super is a miniature 30 min Super Session. Incorporating all the things you love about our Super Session including strength, boxing, core, cardio and HIIT but just shorter!

### **Hardcore (Gloves/wraps)**

This class is jam-packed with everything your body needs to burn the maximum number of calories in just 30 minutes! This is a full-body HIIT workout incorporating boxing, strength, core and body weight exercises with short high-intensity intervals and minimal rest periods.

### **Kettleblox**

We're combining two of our favourite pieces of strength equipment in the club – Kettlebells and Plyo Boxes to create our Kettlebloxx class. It's where strength, cardio and functional movements combine to give you a top to toe workout!

### **Super N.R.G (Gloves/wraps)**

We're taking this favourite and turning it up an notch!! For those that have done it before, there's no breaks whilst waiting for your turn!! This is a great mixed bag of HIIT (High Intensity Interval Training) rounds on the heavy bag with a combination of medicine ball throws and core strength conditioning. Designed to keep your heart rate pumping and burning those extra calories!

### **Super Session (Gloves/wraps)**

Life's like a box of chocolates, you never know what you're going to get! Same goes for our 1-hour, non-stop Super Session! Incorporating weights, body-weight exercises, running, boxing, strength and conditioning movements, Super Session is designed to test your stamina, endurance, strength and boxing skills.