

IGNITION 7

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Fit Punch		Circuit Box		Tuff Fit		
7:00am						Boxing Boot Camp	
9:30am	Box Tuff	Ladies Kick Fit		H*I*I*T	Box Tuff		
5:30pm	Boxing Boot Camp	Kick-Box Express	Boxing Boot Camp	Fit & Tuff Boxing Express	Wild Card		Tabata Fit Boxing Express
7:00pm	Boxing Boot Camp	Fit Box Technique *please check with our staff.	Box-Kick Boot Camp		Fighter Fit *by invitation only.		
<p>www.fitpunch.com.au Email: brent@ignition7.com.au Phone: 0407 598 956</p>							

**** ALL CLASSES RUN FOR 60 MINUTES ****