

IGNITION7

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Box Fit		Total Tabata		i7 Fit Box Fit		
7:00am						Boxing Boot Camp	
9:30am	i7 Box Fit	Ladies Kick Fit	Muscle Pump Booking Required	H*I*I*T	Boxing Boot Camp		
5:30pm	Boxing Boot Camp	Kick-Box Express	Boxing Boot Camp	i7 FIT Box Fit	i7 Wild Card		Tabata Fit Box Fit
7:00pm	Boxing Boot Camp	Fit Box Technique *please check with our staff	Box-Kick Boot Camp	6:45pm Muscle Pump Booking Required			
www.fitpunch.com.au Email: brent@ignition7.com.au Phone: 0407 598 956							

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