



GOLD CLASS

TRAINERS INSPIRED & SPECIALISED SERVICES. OPTIONAL EXTRA CLASSES.



BOOK HERE



TRAINERS INFORMATION

TV = TORRENSVILLE, SP = SOMERTON PARK.
OUR MOST RECENT TIMETABLE IS AVAILABLE ONLINE.

FIRST CLASS START DATE
bookings available online
3-4 weeks ahead

STARTS
SEP 22
4WK

If a class does not
have this icon,
its regular weekly

Consecutive weeks
before class finishes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	<p>STARTS JAN 29 6WK</p> <p>SARINAS STRONG, SP Bookings close 8pm, 8ppl min</p>						
6:00AM				<p>ROSE BOXING CLUB, SP Bookings close 8pm, 4ppl min</p>	<p>ROSE BOXING CLUB, TV Bookings close 8pm, 4ppl min</p>		
9:30AM							<p>SARINAS FOAM ROLLING, TV Bookings close 6:30am, 8ppl min</p> <p>STARTS FEB 4 6WK</p>
10:30AM						<p>JERICKS FIGHT CLUB, TV Bookings close 9pm, 4ppl min</p>	
4:30PM	<p>ARI'S JUNIORS & YOUTH BOXING, TV Bookings close 12:30pm, 2ppl min</p>						
				<p>PUNCH PERFECTION presented by Paul Rose</p> <p>ANYONE WANTING BETTER TECHNIQUE</p> <p>TUE 28 NOV 5:45PM SP</p> <p>BOOKINGS CLOSE 8PM 10PPL MIN</p>			
6:00PM		<p>LUCAS'S FIGHT CLUB, TV Bookings close 12pm, 2ppl min</p>	<p>LUCAS'S FIGHT CLUB, SP Bookings close 12pm, 2ppl min</p>				

NON-MEMBERS \$25 EA
MEMBERS \$15 EA
GOLD MEMBERS \$10 EA

Gold members also get 1 x 30min PT PM & zero joining fee and unlimited access to our "KICK+LIFT timetable