



THE FIGHTERS FACTORY

3-5 Blackburn Road, Blackburn VIC 3130

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BOXING CIRCUIT

The boxing circuit is designed for people who might not necessarily want to box, but want to know the proper way as well as those who are contemplating the thought but don't know how to get into it.

The circuit consists of bag punching, skipping, speedball and floor to ceiling work. It can also be used as cross training for other sports as we have football, cricket and soccer clubs as well as many other sports clubs who use the training as a break from their normal routines.

The circuit goes for approximately 1 hour and it's full body workout that is finished off with 2 rounds of stomach exercises. If you're trying to drop weight and tone up, then our boxing circuit is what you're looking for. You are shown the proper technique in punching and stance from people who box or have boxed rather than aerobic instructors.

The circuit is all non-contact, but if you get to a certain level and want to give it a go in a more serious way you can come in and train earlier when the fighters train, which is up to 7pm Monday to Friday and up to 12 noon on Sunday.

CIRCUIT TIMES

Monday		9.30am	4.40pm	5.50pm	7.00pm	8.10pm
Tuesday	5.50am	9.30am	4.40pm	5.50pm	7.00pm	8.10pm
Wednesday		9.30am	4.40pm	5.50pm	7.00pm	8.10pm
Thursday	5.50am	9.30am	4.40pm	5.50pm	7.00pm	8.10pm
Friday		9.30am	4.40pm	5.50pm		
Saturday	8.20am	9.30am	10.45am			
Sunday		9.30am				

PRICE LIST

	Circuit	Training	Monthly	10 Session Card	20 Session Card
Juniors 16 & under/Senior	\$6.00	\$4.00	\$55.00	\$50.00	\$90.00
Students/Pensioners	\$10.00	\$6.50	\$85.00	\$85.00	\$135.00
Adults	\$14.00	\$9.00	\$110.00	\$110.00	\$180.00

Memberships (Adults)	3 months - \$275	6 months - \$450	12 months - \$800
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Prices include GST

•• BOXING CIRCUIT DISCOUNT CARDS ••

•• ONE-ON-ONE PERSONAL TRAINING BY APPOINTMENT ONLY ••

\$35.00 PER 1/2 HOUR

\$55.00 PER 1 HOUR