

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SUPER SESSION (6:05am - 7:05am)	EXPRESS SUPER (6:05am - 6:35am)	SUPER SESSION (6:05am - 7:05am)	SUPER SESSION (6:05am - 7:05am)	SWEAT CIRCUIT (6:05am - 6:35am)		
	BOXING CIRCUIT (6:40am - 7:10am)			STRENGTH WARRIOR (6:40am - 7:10am)		
GYM CLOSED 7:30am - 9:00am					SUPER SESSION (7:30am - 8:30am)	
					SUPER SESSION (8:45am - 9:45am)	SUPER SESSION (8:30am - 9:30am)
FIT BOXER (9:30am - 10:00am)	SUPER SESSION (9:30am - 10:30am)	BOXING CIRCUIT (9:30am - 10:00am)	STRENGTH WARRIOR (9:30am - 10:00am)	SUPER SESSION (9:30am - 10:30am)		SUPER SESSION (9:45am - 10:45am)
STRENGTH WARRIOR (10:05am - 10:35am)		EXPRESS SUPER (10:05am - 10:35am)	SWEAT CIRCUIT (10:05am - 10:35am)			
SUPER SESSION (12:00pm - 1:00pm)	FOCUS (12:00pm - 12:30pm)	BOXING CIRCUIT (12:00pm - 12:30pm)	SUPER SESSION (12:00pm - 1:00pm)	STRENGTH WARRIOR (12:00pm - 12:30pm)		
	STRENGTH WARRIOR (12:35pm - 1:05pm)	FIT BOXER (12:35pm - 1:05pm)		SWEAT CIRCUIT (12:35pm - 1:05pm)		
CLOSED BETWEEN 1:30PM - 3:30PM						
FIT BOXER (5:00pm - 5:30pm)	BOXING CIRCUIT (5:00pm - 5:30pm)	STRENGTH WARRIOR (5:00pm - 5:30pm)	SUPER SESSION (5:00pm - 6:00pm)	FIT BOXER (5:00pm - 5:30pm)		
SUPER SESSION (5:35pm - 6:35pm)	SWEAT CIRCUIT (5:35pm - 6:05pm)	FOCUS (5:35pm - 6:05pm)	BOXING CIRCUIT (6:10pm - 6:40pm)	SUPER SESSION (5:35pm - 6:35pm)		
	EXPRESS SUPER (6:10pm - 6:40pm)	SUPER SESSION (6:10pm - 7:10pm)				
SWEAT CIRCUIT (6:45pm - 7:15pm)	FIT BOXER (6:45pm - 7:15pm)		FOCUS (6:45pm - 7:15pm)			
STRENGTH WARRIOR (7:20pm - 7:50pm)	SUPER SESSION (7:20pm - 8:20pm)	BOXING CIRCUIT (7:20pm - 7:50pm)	FIT BOXER (7:20pm - 7:50pm)			
BOXING CIRCUIT (7:55pm - 8:25pm)		FIT BOXER (7:55pm - 8:25pm)	STRENGTH WARRIOR (7:55pm - 8:25pm)			

Mon-Thurs: 6:00am - 9:00pm; Fri: 6:00am-7:00pm
 Mon-Fri: 7:30am - 9:00am & 1:30pm-3:30pm - CLOSED
 Sat: 7:00am - 11:00am; Sun: 8:00am - 11:00am

#FEELTHEBURN

312 Hume Hwy, Craigieburn
 PH: 8339 7979
 W: www.burnboxfit.com.au
 E: craigieburn@burnboxfit.com.au

Social Media:
www.facebook.com/burnboxfit
www.instagram.com/burnboxfit



Class Descriptions

1st November to 31st December 2021

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!

Fit Boxer (Gloves/wraps)

We're pushing the limits of High Intensity Interval Training (HIIT) in this butt-kicking class! This a 30 minute class with no rest. You'll be doing a heap of body weight training and shadow boxing (with weights) as well as great heavy bag workout.

Focus (Glove/Wraps)

Doing a focus pad class is the closest you will get to stepping into the ring for a sparring session. In Focus we will take you through slips, ducks, rolls and counter punches, all in a high intensity workout!!

Strength Warrior

This is an AMRAP (As Many Reps As Possible) class using either dumbbells or barbells. Most, if not all exercises performed with barbells use both sides of the body so if you're weaker on one side of the body, the stronger side can compensate therefore allowing you to complete a given exercise, whereas using dumbbells allow for unilateral movements, which helps with muscle symmetry and correct strength imbalances. This is a great full-body strength workout so be sure to have your towel and water bottle ready for this one.

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.

Sweat Circuit (Gloves/wraps)

High intensity bag work and floor exercises followed by core strengthening planks – Sweat Circuit WILL make you sweat!!