

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOXING CIRCUIT (6:05am - 6:35am)	SUPER SESSION (6:05am - 7:05am)	SPEED BOXER (6:05am - 6:35am)	SWEAT CIRCUIT (6:05am - 6:35am)	SUPER SESSION (6:05am - 7:05am)		
CROSSBOX (6:35am - 7:05am)		HOUSE OF CARDS (6:35am - 7:05am)	BOXING CIRCUIT (6:35am - 7:05am)			
PARENTS CLASSES - KIDS WELCOME (9:30am - 10:30am)					SUPER SESSION (7:30am - 8:30am)	
▼	▼	▼	▼	▼		
SWEAT CIRCUIT (9:30am - 10:00am)	SUPER SESSION (9:30am - 10:30am)	HOUSE OF CARDS (9:30am - 10:00am)	CROSSBOX (9:30am - 10:00am)	SUPER SESSION (9:30am - 10:30am)	SUPER SESSION (8:45am - 9:45am)	SUPER SESSION (9:30am - 10:30am)
CROSSBOX (10:00am - 10:30am)		BOXING CIRCUIT (10:00am - 10:30am)	TRAINER'S CHOICE (10:00am - 10:30am) <i>(Sparring every 2nd week)</i>			
BOXING CIRCUIT (12:00pm - 12:30pm)	SPEED BOXER (12:00pm - 12:30pm)	CROSSBOX (12:00pm - 12:30pm)	FOCUS (P) (12:00pm - 12:30pm)	SWEAT CIRCUIT (12:00pm - 12:30pm)		
HOUSE OF CARDS (12:30pm - 1:00pm)	FOCUS (P) (12:30pm - 1:00pm)	SWEAT CIRCUIT (12:30pm - 1:00pm)	BOXING CIRCUIT (12:30pm - 1:00pm)	HOUSE OF CARDS (12:30pm - 1:00pm)		
CLOSED BETWEEN 1:30PM - 3:30PM						
HOUSE OF CARDS (5:00pm - 5:30pm)		BOXING CIRCUIT (5:00pm - 5:30pm)	SPEED BOXER (5:00pm - 5:30pm)	SWEAT CIRCUIT (5:00pm - 5:30pm)		
BOXING CIRCUIT (5:30pm - 6:00pm)		SUPER SESSION (5:15pm - 6:15pm)	FOCUS (P) (5:30pm - 6:00pm)	CROSSBOX (5:30pm - 6:00pm)		
CROSSBOX (6:00pm - 6:30pm)			HOUSE OF CARDS (6:00pm - 6:30pm)			
	HOUSE OF CARDS (6:30pm - 7:00pm)	SUPER SESSION (6:15pm - 7:15pm)	BOXING CIRCUIT (6:30pm - 7:00pm)			
SUPER SESSION (6:45pm - 7:45pm)	FOCUS (P) (7:00pm - 7:30pm)					
	BOXING CIRCUIT (7:30pm - 8:00pm)	CROSSBOX (7:30pm - 8:00pm)	SUPER SESSION (7:15pm - 8:15pm)			
SPEED BOXER (8:00pm - 8:30pm)	SWEAT CIRCUIT (8:00pm - 8:30pm)	HOUSE OF CARDS (8:00pm - 8:30pm)				

Mon-Thurs: 6:00am - 9:00pm; Fri: 6:00am-7:00pm
 Mon-Fri: 1:30pm-3:30pm - CLOSED
 Sat: 7:00am - 12:00pm; Sun: 9:00am - 12:00pm

#FEELTHEBURN

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* Between 9:00am - 11:00am Monday to Friday parents are welcome to bring their children along - excludes weekends.
 (P) With Partner Classes trainers will pair you up during the warm-up. You do not necessarily have to come and train with someone.





Class Descriptions – 1st May/30th June 2019

Boxing Circuit (G)

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.

Crossbox (G)

This is a fast-paced class based on a CrossFit style of training mixed with cardio through boxing for those with an intermediate to advanced level of fitness. Push yourself to your limit and burn up to 600 calories in just 30 minutes!!

Focus (G) (P)

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!!

House of Cards

This class is as random as possible as it is based purely on the randomness of a shuffled deck of cards. With an exercise assigned to each suit, get ready to be pushed to your limits by doing 95 reps (or more) of each exercise before the class is over!!

Speed Boxer (G)

We're taking Boxing Circuit to another level in Speed Boxer in this HIIT class. Smash out some combos followed but high intensity bag sprints. This one will definitely burn those calories

Super Session (G) (P)

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 skills.

Sweat Circuit (G)

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

Trainer's Choice

This is an opportunity for Burn's world class trainers to dive into their bag of tricks and put together a workout of their own designed to give you something a little bit different, perhaps using equipment you have never used before - *off the cuff and raw!!*

Trainer's choice is like a box of chocolates – you never know what you're gonna get!!

LEGEND:

(G) – Gloves & wraps

(P) – Partner class

(W)- Wraps