

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOOTCAMP (P) (5:35am - 6:05am)	SUPER SESSION (5:35am - 6:35am)	DB WARRIOR (5:35am - 6:05am)	BOXING CIRCUIT (5:35am - 6:05am)	SUPER SESSION (5:35am - 6:35am)		
TRAINER'S CHOICE (6:05am - 6:35am)		BOXING CIRCUIT (6:05am - 6:35am)	TRAINER'S CHOICE (6:05am - 6:35am)			
BOXING CIRCUIT (6:35am - 7:05am)	BOOTCAMP (P) (6:35am - 7:05am)	KETTLEBLOXX (6:35am - 7:05am)	FOCUS (P) (6:35am - 7:05am)	BOXING CIRCUIT (6:35am - 7:05am)		
CLOSED BETWEEN 7:30AM - 9:00AM	OPEN GYM	CLOSED BETWEEN 7:30AM - 9:00AM	OPEN GYM	CLOSED BETWEEN 7:30AM - 9:00AM		
				SUPER SESSION (8:45am - 9:45am)		
BOXING CIRCUIT (9:30am - 10:00am)	SUPER SESSION (9:30am - 10:30am)	KETTLEBLOXX (9:30am - 10:00am)	DB WARRIOR (9:30am - 10:00am)	SUPER SESSION (9:30am - 10:30am)		SUPER SESSION (9:30am - 10:30am)
BOOTCAMP (P) (10:00am - 10:30am)		TRAINER'S CHOICE (10:00am - 10:30am)	TRAINER'S CHOICE (10:00am - 10:30am)			
KETTLEBLOXX (12:00pm - 12:30pm)	SUPER SESSION (12:00pm - 1:00pm)	BOXING CIRCUIT (12:00pm - 12:30pm)	FOCUS (P) (12:00pm - 12:30pm)	SUPER SESSION (12:00pm - 1:00pm)		
BOOTCAMP (P) (12:30pm - 1:00pm)		DB WARRIOR (12:30pm - 1:00pm)	TRAINER'S CHOICE (12:30pm - 1:00pm)			
CLOSED BETWEEN 1:30PM - 3:30PM						
KETTLEBLOXX (5:00pm - 5:30pm)	SUPER SESSION (5:15pm - 6:15pm)	BOXING CIRCUIT (5:00pm - 5:30pm)	BOOTCAMP (P) (5:00pm - 5:30pm)	FOCUS (P) (5:00pm - 5:30pm)		
TRAINER'S CHOICE (5:30pm - 6:00pm)		KETTLEBLOXX (5:30pm - 6:00pm)	SUPER SESSION (5:45pm - 6:45pm)	SUPER SESSION (5:30pm - 6:30pm)		
BOXING CIRCUIT (6:00pm - 6:30pm)	STRENGTH & POWER (UPPER BODY) (6:00pm - 7:00pm)	FOCUS (P) (6:00pm - 6:30pm)				
BOOTCAMP (P) (6:30pm - 7:00pm)		DB WARRIOR (6:30pm - 7:00pm)				
SUPER SESSION (7:15pm - 8:15pm)	BOOTCAMP (P) (7:00pm - 7:30pm)	SUPER SESSION (6:45pm - 7:45pm)	KETTLEBLOXX (7:00pm - 7:30pm)			
	BOXING CIRCUIT (7:30pm - 8:00pm)		BOXING CIRCUIT (7:30pm - 8:00pm)			
	KETTLEBLOXX (8:00pm - 8:30pm)	BOOTCAMP (P) (8:00pm - 8:30pm)	DB WARRIOR (8:00pm - 8:30pm)			

Mon-Thurs: 5:35am - 9:00pm; Fri: 5:35am-7:00pm
 Mon-Fri: 1:30pm-3:30pm - CLOSED
 Mon/Wed/Fri: 7:30am - 9:00am - CLOSED
 Sat: 7:00am - 12:00pm; Sun: 9:00am - 12:00pm

#FEELTHEBURN

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* Between 9:00am - 1:00pm 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 September/31st October 2019

Bootcamp (G) (P)

Discover what professional boxing coaches and army don't want you to know in our advanced indoor Bootcamp boxing class.

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.

Dumbbell Warrior

This is an AMRAP (As Many Reps As Possible) class using dumbbells. If you're looking for that full-body strength and conditioning workout using light-weight, high rep routines then look no further than Dumbbell Warrior.

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!!

Kettlebloxx

We're combining two of our favourite pieces of strength equipment in the club – Kettlebells and Plyo Boxes to create our Kettlebloxx class. It's where strength, cardio and functional movements combine to give you a top to toe workout!

Strength and Power

Here is your opportunity to learn powerlifting, Olympic lifting, bodybuilding, and body weight strength movements with the help of our fully qualified and professional strength and conditioning, powerlifting and bodybuilding coach. Classes are strictly limited to 8 people to ensure that all participants are continuously using proper technique and form.

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.

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!!*

LEGEND:

(G) – Gloves & wraps

(P) – Partner class

(W)- Wraps