



Boxing for Fitness



Registered and Accredited facility of the Australian Academy of Boxing
NCAS Registered Boxing Coach.

Want to gain the health and fitness benefits of boxing without hiring a personal trainer or taking out a gym membership. Here's how!

Boxing for fitness uses focus pads, speed balls, floor to ceiling speed balls punching bags, core stability exercises and more. Learn authentic boxing based techniques to improve fitness, co-ordination and mental focus in self-paced small group sessions. Aiki-Centre provides an enthusiastic, safe and enjoyable environment for your fitness needs.

Enjoy our Quality Equipment & Facilities



- Increase fitness & stamina
- Improve boxing technique
- Gain focus and control
- Reduce stress
- Improve muscle tone
- Gain strength & core stability
- Feel good & look great!



Cost Options

'Have a Go' 3 Class Pass \$40

Valid for 2 weeks

5 Class Pass \$72

Valid for 1 month

10 Class Pass \$135

Valid for 3 months

3 Month 'unlimited classes' \$290

Great value for those doing 2 or more sessions per week.



'Special' Beginner Pack \$210

Includes **10 class pass** plus quality leather **boxing gloves 10-16oz & wraps** (Valued at \$235)
Pass Valid for 3 months

Quality leather boxing gloves 10 to 16oz with wraps \$100

Ask about our 45 min Personal Training Sessions (Boxing Specific) - POA.

Class Times

See over for centre timetable for boxing classes.

Location

Aiki-Centre - 44 Lynch St. Hawthorn

9815 3388

www.aikicentre.com.au

Aikido and Boxing Training Timetable

Aiki-Centre - Hawthorn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30am BOXING Fitness Workout - Duration 1hr		6.30am BOXING Fitness Workout - Duration 1hr			
					9.00 AM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.	
					9.45 AM AIKIDO Aiki - Intermediate 10 yrs + Duration 45mins.	AIKIDO & KOBUDO Training SEMINARS & other special weekend training events.
Also available Personal Training : Boxing for Fitness & Self Defence					10.30 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 2 hrs	(As scheduled)
4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.			4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.		12.30 PM KOBUDO Weapon Arts Practice Session Duration 1hr +	
5.15 PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.		5.15 PM AIKIDO Aiki - Kids Combined 5yrs + & 10yrs + Duration 45mins.	5.15 PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.		AIKIDO SEMINARS & other special weekend training events. (As scheduled)	
6.00 PM AIKIDO Aiki - Advanced & Jnr Kobudo Duration 30mins.	6.30 PM BOXING Fitness Workout - Duration 1hr.	6.30 PM BOXING Fitness Workout - Duration 1hr.	6.30 PM BOXING Fitness Workout - Duration 1hr.			
6.45 PM AIKIDO Adults - Beginners All levels Duration 1hr.	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins	7.30 PM SELF DEFENCE Short Course Refer to course info for dates 1hr. 30mins	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins	AIKIDO SEMINARS & other special weekend training events. (As scheduled)		
7.45 PM KOBUDO Weapon Arts Practice Session Duration 1hr.			9.00 PM KOBUDO Weapon Arts Practice Session Duration 1hr.			

Timetable is subject to change, as classes are scheduled according to demand.

Aikido: Teens are permitted to train in the adult Beginners and Saturday morning sessions. Subject to Sensei approval.

Aiki-Centre Hawthorn - 44 Lynch St. Hawthorn

Ph. 9815-3388

Dec-15