



# Boxing for Fitness



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 training environment.**

## Enjoy our Quality Equipment & Facilities



- Increase fitness & stamina
- Improve boxing technique
- Gain focus and control
- Reduce stress
- Improve muscle tone
- Gain strength & core stability
- Enjoy the health benefits



## 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 sessions.

## Location

Aiki-Centre - 44 Lynch St. Hawthorn

**9815 3388**

[www.aikicentre.com.au](http://www.aikicentre.com.au)

Associate member AJF (Australian Jujitsu Federation Inc.)  
NCAS Reg. Boxing Coach

Effective: May. 2018



# Aikido and Boxing Training Timetable

Aiki-Centre - Hawthorn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30am BOXING Fitness Workout by appointment Duration 1hr		6.30am BOXING Fitness Workout by appointment 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.
					10.30 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 2 hrs	(As scheduled)
Also available <b>Personal Training</b> : Boxing for Fitness & Self Defence						
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)		
			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

May-18