

Boxing for Fitness @ Aiki-Centre

Mid Year Specials

☞ **3 or 6 months** boxing training - great opportunity to keep fit and toned through winter and ready for summer.

☞ **Unlimited** boxing classes - early morning and evening classes available.

☞ **Expert** instruction and skill development including boxing footwork, correct punching technique, master the speedball and enjoy a motivating workout.

☞ **Quality** equipment and facility is conveniently located in Lynch St. Hawthorn

great value 3 months @ \$210 or 6 months @ \$350

Special 'Beginner Pack' offer:

Includes the above 3 or 6 months unlimited training **PLUS:**

☞ Quality pair of 10-16oz **Leather Boxing Gloves** & hand wraps

great value 3 months @ \$280 or 6 months @ \$410

Offer ends 30th June 2010 10th July 2010

Keep fit through Winter!

aikicentre.com.au



44 Lynch St. Hawthorn
P. 9815 3388
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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			
	9.15 AM BOXING Fitness Workout - Duration 1hr.		9.15 AM 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 SEMINARS & other special weekend training events. (As scheduled)
Also available Personal Training - Boxing Specific						
					10.30 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 2 hrs	
4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.			4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.		1.00 PM AIKIDO Adults - Special All levels grading prep. & other	
5.15PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.			5.15 PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.			
	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 to 4th Kyu Duration 1hr.				AIKIDO SEMINARS & other special training events. (As scheduled)		
	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins	7.30 PM AIKIDO Adults - Special All levels grading prep. & other	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins			

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

Jan-09