

BOXING WORKS SURRY HILLS **BOXING - KICK BOXING - WARRIOR FIT** **TIMETABLE**

74 - 84 Foveaux Street, Surry Hills, 2010 PH: 9281 7217

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	<i>BOXING Skills & Conditioning</i>	<i>KICK BOXING Skills & Conditioning</i>	<i>BOXING Skills & Conditioning</i>	<i>KICK BOXING Skills & Conditioning</i>	<i>KICK BOXING Skills & Conditioning</i>	<i>THAI BOXING Skills & Conditioning 9:00-10:00</i>
12:10pm	<i>KICK-START Foundation*</i>					
1:10pm	<i>KICK BOXING Skills & Conditioning</i>	<i>BOXING Skills & Conditioning</i>	<i>KICK BOXING Skills & Conditioning</i>	<i>BOXING Skills & Conditioning</i>	<i>BOXING Skills & Conditioning</i>	<i>SPARRING 10:00-11:00</i>
5:45pm	<i>KICK BOXING Skills & Conditioning</i>	<i>BOXING Skills & Conditioning</i>	<i>KICK BOXING Skills & Conditioning</i>	<i>BOXING Skills & Conditioning</i>		
5:45pm	<i>WARRIOR FIT</i>		<i>WARRIOR FIT</i>	<i>KICK-START Foundation*</i>	<i>WARRIOR FIT</i>	
6:30pm	<i>THAI BOXING Advanced Skills</i>	<i>BOXING Advanced Skills</i>	<i>THAI BOXING Advanced Skills</i>	<i>BOXING Skills & Sparring</i>		
6:30pm	<i>BOXING Skills & Conditioning</i>	<i>THAI BOXING Skills & Conditioning</i>	<i>BOXING Skills & Conditioning</i>	<i>THAI BOXING Skills & Conditioning</i>		

CLASS DESCRIPTIONS

KICK-START FOUNDATION: An introduction to basic boxing and kickboxing technique. Class uses jump ropes and heavy bags. **Booking are necessary*

BOXING/KICK BOXING Skills & Conditioning: A skill based class using the heavy bags and body weight conditioning drills to build strength, power and endurance.

BOXING/THAI BOXING Fight team: Fine tune your skills and train in advanced partner drills. This class includes pad work and some bag work. This class is the pathway for people wishing to take it to the next level and step in the ring.

THAI BOXING : Authentic Thai Boxing using knee and elbow strikes as well as punches and kicks.

SPARRING: An advanced class for experienced participants. You work on defensive and offensive sparring skills. Head Gear, low blow protector for men and 16oz Gloves are compulsory for this clasS

WARRIOR FIT: A high intensity workout, using TRX, Kettlebells, weights, medicine balls and other functional equipment.

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GRAPPLING TIMETABLE

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00pm	GRAPPLING		GRAPPLING			Introduction to BJJ 10:00 – 11:30am
5:00pm		MMA				
6:00pm		TSD			BJJ	
6:30pm	BJJ		BJJ	*BJJ Starting in August		
7:00pm		BJJ				

CLASS DESCRIPTIONS

INTRODUCTION TO BJJ-BRAZILIAN JIU JITSU: A 4 week program covering fundamental Jiu Jitsu attack and defence techniques

BJJ-BRAZILIAN JIUJITSU: A form of Jiu-Jitsu developed in Brazil. This is a great class for anyone looking for a challenging martial art, which offers the opportunity to learn and compete.

T.S.D.-JUJUTSU: Total **S**elf **D**efence, using the best techniques and strategies of traditional and modern martial arts. This class concentrates on realistic, reliable and retainable technique to be used in every day situations.

GRAPPLING: Combines the techniques of Freestyle and Greco Roman Wrestling and Brazilian Jiu-Jitsu to create this powerful form of submission wrestling.