

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**9:30AM
BAG BLITZ**

**12:30PM
BAG BLITZ**

**4:45PM
CIRCUIT**

**5:30PM
TABATA**

**6:10PM
BAG BLITZ**

**6AM
CIRCUIT**

**12:30PM
CIRCUIT**

**4:45PM
BAG BLITZ**

**5:30PM
BAG BLITZ/
PAD ROUND**

**6:15PM
TABATA**

**6AM
BAG BLITZ**

**12:30PM
BAG BLITZ**

**4:45PM
BAG BLITZ**

**5:30PM
CIRCUIT**

**6:15PM
BAG BLITZ**

**6AM
CIRCUIT**

**12:30PM
CIRCUIT**

**4:45PM
CIRCUIT**

**5:30PM
BAG BLITZ**

**6:15PM
TABATA**

**6AM
BAG BLITZ**

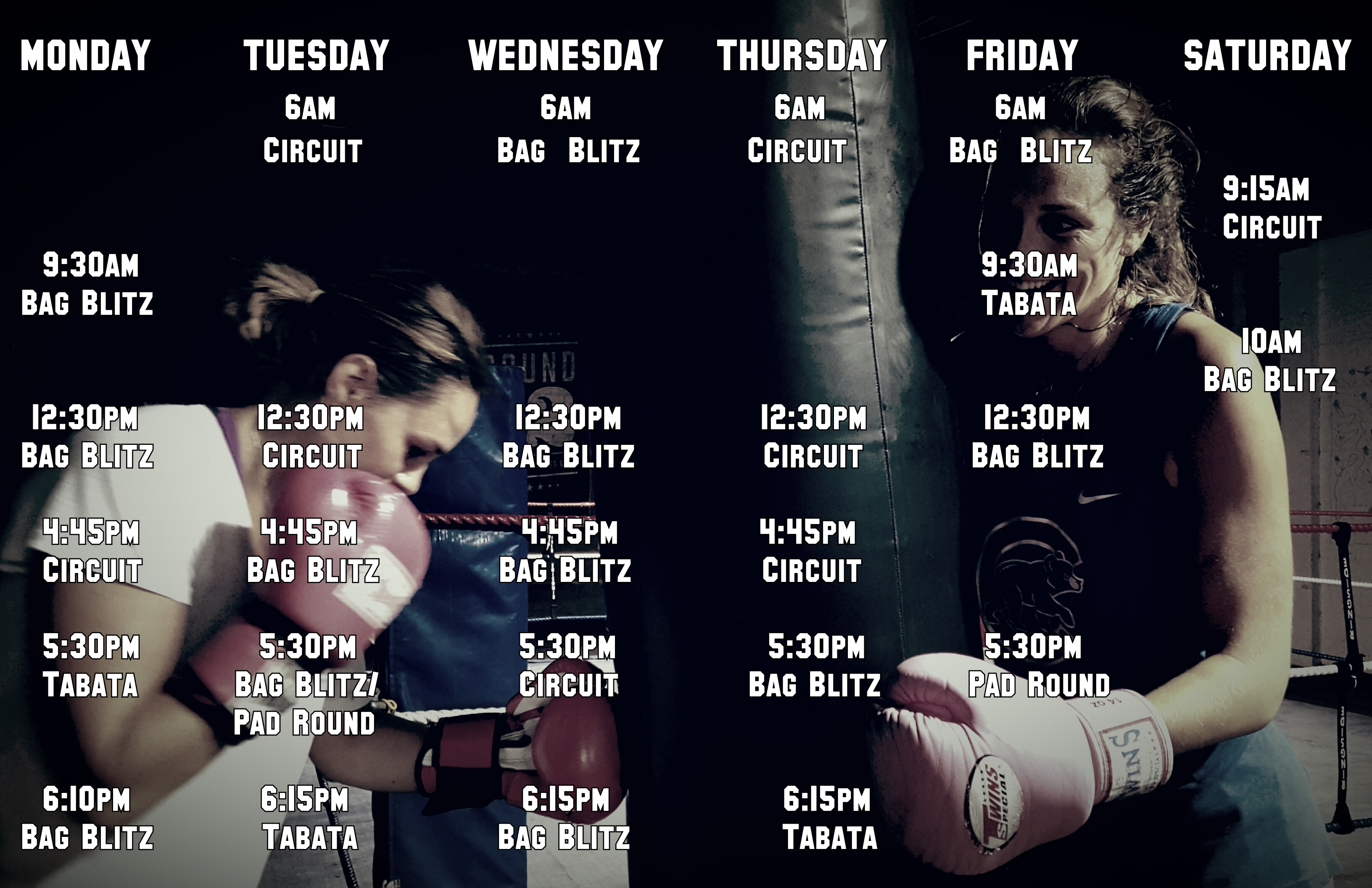
**9:30AM
TABATA**

**12:30PM
BAG BLITZ**

**5:30PM
PAD ROUND**

**9:15AM
CIRCUIT**

**10AM
BAG BLITZ**



TABATA - THE 4 MINUTE FAT BURNING WORKOUT! HIGH INTENSITY INTERVAL TRAINING SET OVER EIGHT 30 SECOND INTERVALS OF 20 SECONDS AT MAX EFFORT, 10 SECONDS OF REST. WE PERFORM SIX SETS OF EIGHT INTERVALS USING BAG WORK, BODY WEIGHT, WEIGHT AND PLYOMETRIC EXERCISES.

BAG BLITZ - A PUNCH-BAG WORKOUT THAT WILL GET YOUR HEART RACING AND ARMS BURNING LIKE NEVER BEFORE. YOU WILL THROW VARIOUS COMBINATIONS THAT WILL GET YOUR FEET MOVING, IMPROVING POWER AND PRECISION THROUGH CORRECT EXECUTION. BEGINNER FRIENDLY & BEST PLACE TO START

CIRCUIT - HARD AND FAST PACED. THIS CLASS IS DESIGNED TO ENHANCE MUSCLE DEFINITION, ENDURANCE, STAMINA, SPEED, CORE AND MUSCLE STRENGTH AND CO-ORDINATION. CIRCUIT INVOLVES A MIXTURE OF BAG WORK, BODY WEIGHT, PLYOMETRIC AND STRENGTH EXERCISES.

PAD ROUND - WITH AN EMPHASIS ON TECHNIQUE AND MOVEMENT, PAD ROUND IS THE CLASS YOU WANT TO GO TO TO TAKE YOUR BOXING ABILITY TO THE NEXT LEVEL. MOVE LIKE A PRO. TAUGHT BY A PRO.

BOOK FOR A CLASS

BOOKINGS ESSENTIAL FOR ALL CLASSES AND CAN BE MADE BY DOWNLOADING THE BOOKING APP, MINDBODY, FROM THE APP OR GOOGLE PLAY STORE. ONCE YOU HAVE DOWNLOADED THE APP BUSINESS SEARCH - ROUND 12 BOXING & FITNESS CENTRE.

DOWNLOAD OUR BOOKING APP!

[HTTPS://WWW.MINDBODYONLINE.COM/GET-THE-MINDBODY-APP](https://www.mindbodyonline.com/get-the-mindbody-app)

WWW.ROUND12.CO.NZ | TANIA@ROUND12.CO.NZ



PRICE LIST

CLASS PRICES:

DIRECT DEBIT PER WEEK
WEEKLY
MONTHLY

ADULT

24

37

144

264

528

138

78

18

STUDENTS

18

30

120

200

400

115

65

16

FREE TRIAL SESSION FOR THOSE THAT BOOK THROUGH THE MINDBODY APP

PERSONAL TRAINING:

CONTACT TANIA 027 374 4987 OR JOSH 022 095 0187

PRICE VARIES TRAINER TO TRAINER. PLEASE ENQUIRE WHEN BOOKING

FIGHT CLUB. 14 WEEK COURSE. 2 SESSIONS PER WEEK

\$750. CHECK WEBSITE FOR DATES

BEGINNER AND INTERMEDIATE BOXING COURSES. 4 WEEK BLOCK. 2 SESSIONS PER WEEK

\$200. CHECK WEBSITE FOR DATES