



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

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

Effective: May. 2018



Aiki-Centre - Aikido and Boxing Training Timetable

(Amended for Covid restrictions until further notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30am BOXING Fitness <i>by appointment</i> Duration 1hr		6.30am BOXING Fitness <i>by appointment</i> Duration 1hr			
					9.30 AM AIKIDO Aiki - Kids Combined 5 yrs + 10 yrs + Duration 1hr.	
						AIKIDO & KOBUDO Training SEMINARS & other special weekend training events.
					11.00 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 1 hr	(As scheduled)
Also available Personal Training - Boxing for Fitness & Self Defence						
					12.30 PM KOBUDO Weapon Arts Practice Session Duration 1hr	
4.45PM AIKIDO Aiki - Kids Combined 5yrs + & 10Yrs+ Duration 1hr		4.45 PM AIKIDO Aiki - Kids Combined 5yrs + & 10yrs+ Duration 1hr				
	6.00 PM BOXING Fitness - Duration 1hr.		6.00 PM BOXING Fitness - Duration 1hr.			
6.30 PM AIKIDO Adults - General All levels Duration 1hr.	7.30 PM AIKIDO Adults - General All levels Duration 1hr.	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.			
			9.00 PM KOBUDO Weapon Arts Practice Session Duration 1hr.			

If Aiki-Centre is **closed** you are welcome to visit during session times and watch a class. Visit www.aikicentre.com.au for more information, phone or email us if you have any questions.