



FITNESS KICKBOXING PORT MACQUARIE

CLASS TIMETABLE 2020



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ladies Only Fitness Kickboxing <i>Early Class</i>			6:00am to 7:00am		6:00am to 7:00am	8:00am to 9:00am
Ladies Only Fitness Kickboxing <i>16 Years +</i>		6:00pm to 7:00pm		6:00pm to 7:00pm		
Ladies Only Kickboxing/Muay Thai <i>16 Years +</i>	6:00pm to 7:00pm					
Fitness Kickboxing Personal Lessons <i>1 to 2 people max Personal & Small Group Training (13 Years +)</i>	45-minute sessions (Pre- booking required)	45-minute sessions (Pre- booking required)	45-minute sessions (Pre- booking required)	45-minute sessions (Pre- booking required)	45-minute sessions (Pre- booking required)	45-minute sessions (Pre- booking required)
Stress Relief Weight Loss Energy Booster Build Confidence Improve Coordination Friendship						

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CLASS EXPLANATIONS – RUN BY GIRLS FOR GIRLS

Ladies Only Fitness Kickboxing (16 years +)

Fitness Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Our fitness program combines High Intensity Interval Training (HIIT) with fitness kickboxing routines to build strength and endurance while burning calories fast. Our members keep coming back to our classes because they feel more confident, lose weight and see progress in achieving their fitness goals. If you're searching for a fun and challenging way to get fit, then you've come to right the place.

"I love the classes and have found the coaches and students to be very supportive. This atmosphere is what keeps me coming back for more."

The coaches are here to work with members at all fitness levels. We want to motivate you to reach your fitness goals and push yourself harder than you think you can go. Come meet our passionate, dedicated coaches and start your journey to a new you.

Ladies Only Muay Thai/Kickboxing

Ladies Muay Thai program is traditional training in the art of eight limbs. Muay Thai translates to Thai boxing and is the national sport of Thailand. A balance is placed between competition style combat and real-world combat. The Gym Combat Kickboxing Australia Ladies Muay Thai program is inclusive and is open to females of all levels and backgrounds. The Muay Thai program is a mixed martial arts program including Kickboxing, boxing and modern Muay Thai.

Personal Lessons (13 years +)

This is the famous class that on a one on one basis. It's where you can come in and have 100% of the instructor's attention for the whole class. Perfect to speed up your progress, polish any mistakes, and the perfect opportunity to get your extra level of fitness going, to make sure you are capable to attend the harder classes. For groups, we highly recommend even numbers of students.

