



# FITNESS KICKBOXING PORT MACQUARIE CLASS TIMETABLE



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Martial Arts Class Kickboxing / Boxing / HIIT <i>Morning Class</i>						8:00am to 9:00am
Fitness Boxing <i>Evening Class</i>			6:00pm to 7:00pm			
Ladies Only Fitness Kickboxing <i>Evening Class</i>		6:00pm to 7:00pm		6:00pm to 7:00pm		
Ladies Only Muay Thai/Kickboxing Fitness – Defence - Attack	6:00om to 7:00pm					
Personal Lessons <i>(By appointment only)</i>	1 to 2 people max Personal & Small Group Training 45-minute sessions (Pre-booking required)					
Stress Relief    Weight Loss    Energy Booster    Build Confidence    Improve Coordination    Friendship						

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TIMETABLE AS OF - AUGUST 2020

# CLASS EXPLANATIONS – RUN BY GIRLS FOR GIRLS

*(All Classes are for Ladies Only aged 16 years +)*

## **Ladies Only Fitness Kickboxing & HIIT (16 years +)**

Our core program 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 are 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 incredibly 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**

Train like a Fighter. Our 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.

## **Fitness Boxing Classes (16 years +)**

Speed, agility, and coordination all topped with a mixed intensity workout that will allow you to master the basic technique of boxing whilst also getting a full-blown workout including a core finisher targeting the abs & bum area. Power comes from within. We promise no knockout blows.

## **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. 1 to 2 people max Personal & Small Group Training 45-minute sessions (Pre-booking required)

## **Fitness based Strength & Conditioning Class (13 years +)**

A high intensity Kickboxing / Boxing class based focusing on increasing your overall fitness, strength, and body conditioning. A great class that will push you to your limits and beyond taking your Kickboxing / Muay Thai to the next level.

**KICKBOXING – MUAY THAI – BOXING – HIIT – CORE STRENGTH – FULL BODY WORKOUT - SELF DEFENCE**

**ALL RUN BY FULLY QUALIFIED MARTIAL ARTS TRAINERS IN COMBAT SPORTS AND FITNESS.**

**FULLY ACCREDITED**