**Ignition Fitness timetable**

* ALL GYM VISITORS MUST BRING A LARGE TOWEL
* ALL CLASSES REQUIRE TOWEL AND GYM MAT
* BOXING GLOVES ARE ESSENTIAL FOR ALL MARTIAL ARTS CLASSES

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **4:00pm U13s Boys Boxing** – a fun boxing group for young boys. Improve cardio and hand-eye coordination (30 mins) \*\*School term only | **11:00am Low impact class** – for beginners, those returning to exercise, post baby fitness, slower paced class | **6:00am Mixed HIIT training-** High-Intensity interval training 1 hour, mixed strength and cardio combinations. intervals to get the heart rate up and endorphins pumping. | **5:45pm Boxing Blitz-** Mixed Boxing Class 1 hour.  High paced, upper body boxing and cardio session | **7:15am Fighting Fit-**1 hour. A great Training experience to increase fitness and develop a skill set in mixed martial arts and self-defence |  |
| **4:30pm U18s Boys** Cross training Strength and conditioning 30 minutes. Learn fundamentals for lifting and build on strength and muscle mass.  \*\*School term only | . **4:00pm Mi Class** U16 Girls Strength and Cardio 30 minutes  A fun workout for young girls to improve overall fitness and build strength across the body.  \*\*School term only | **3:45pm U13’s Boys Cross training-** 30 minutes. mixed cardio class for under 13s to increase fitness, flexibility and coordination while completing fun games and challenges.  $10 per child.  \*\*School term only |  | . |  |
| **5:45pm Kicking Goals**- Women's Kickboxing 1 hour, High calorie burning, intense full body workout for the girls featuring Xpeed kickboxing equipment. |  | **6:00pm ‘Brad’s Hour of Power’**  Bootcamp style fitness for teens/men – get superfit! |  |  |  |
| **7:00pm Ground and Pound-**  Men's Boxing and Kickboxing  1 hour, A full on combination of MMA, boxing and kickboxing for the boys. Expect to sweat! |  |  |  |  |  |

**Womens Mens Mixed**