



BOXING

2026 PROGRAM

JUNIOR BOXING & TEEN BOXING

Monday & Wednesday 4pm & 4.45pm

ADULTS BOXING FOR FITNESS

Tuesday 9.30am & 5.30pm, Thursday 5.30pm

Friday & Saturday 9.30am

WOMENS ONLY BOXING PROGRAM

Monday & Wednesday 5.30pm

Prices: Junior & Teen classes 1 class per week \$95 per term | 2 classes per week \$140 per term. Adults Boxing for Fitness classes are included in fitness membership or \$15 per casual visit