

GSIX BOXING

KINCUMBER MEMBERS' TIMETABLE

G-SIX KINCUMBER
12 BILINGA RD, KINCUMBER
WWW.GSIXBOXING.COM.AU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	OPEN BOXING		OPEN BOXING		OPEN BOXING	6AM: CONDITIONING CLUB (FIRST 3 SATURDAY'S OF EVERY MONTH- OUTSIDE VENUE) *THE LAST SATURDAY OF EACH MONTH IS RESERVED FOR DEVELOPMENT DAYS/ CLUB SPARRING*
9.15AM	OPEN BOXING		OPEN BOXING		OPEN BOXING/ CONTROLLED SPARRING	
4.15PM	OPEN JUNIOR BOXING (FITNESS & SKILL)	MINI BOXING	OPEN JUNIOR BOXING (FITNESS & SKILL)	MINI BOXING	OPEN JUNIOR BOXING (FITNESS & SKILL)	
5PM	OPEN BOXING (BEGINNER/ INTERMEDIATE)		OPEN BOXING (BEGINNER/ INTERMEDIATE)		OPEN (BEGINNER/ INTERMEDIATE)	
6PM	PADWORK & TECH WORK	PARTNER DRILLS & RING WORK	PADWORK & TECH WORK	BAGWORK & CONDITIONING CIRCUIT	CLUB SPARRING	

MEMBER'S TIMETABLE: FUNDAMENTAL BOXING FOR FITNESS & SKILL

THE AIM OF OUR MEMBERS CLASSES ARE TO IMPROVE MEMBERS' BOXING IQ, TECHNIQUE, FITNESS & SKILL - WITHOUT HAVING TO PROGRESS INTO FIGHT TEAMS.

MEMBERS ARE ALSO WELCOME TO ATTEND FRIDAY NIGHT CLUB SPARRING AS THIS SESSION CATERS TO ALL SKILL LEVELS.

G-SIX BOXING

KINCUMBER FIGHTERS' TIMETABLE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5PM	JUNIOR FIGHTERS		JUNIOR FIGHTERS			6AM: CONDITIONING CLUB (FIRST 3 SATURDAY'S OF EVERY MONTH- OUTSIDE VENUE) *THE LAST SATURDAY OF EACH MONTH IS RESERVED FOR DEVELOPMENT DAYS/ CLUB SPARRING*
6PM	SENIOR MENS FIGHT TEAM		SENIOR MENS FIGHT TEAM		CLUB SPARRING	
7PM	SENIOR WOMENS FIGHT TEAM	RED VS BLUE	SENIOR WOMENS FIGHT TEAM	RED VS BLUE		

THIS TIMETABLE IS FOR FIGHTERS ONLY, YOU MUST
SPEAK WITH THE HEAD COACH PRIOR TO ATTENDING