



CLASS TIMETABLE

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	BOX	BUILD		BBB	BUILD/BURN	
8:00 AM						BOX
9:30 AM		BBB			BUILD/BURN	
5:00 PM			BOX	BBB	BUILD/BURN	
6:00 PM	BUILD/BURN	BBB				

BOX	Skill-based boxing for power and coordination
BUILD	Strength training for muscle and tone
BURN	High-intensity cardio for conditioning & endurance
BBB	Trains the full spectrum; skill, strength & stamina



0401 132 256



mpower.gkrkarate.com



398 Keira St, Wollongong, AUS

