



# Boxfit

**Thursdays 5:15-6:00pm**

Boxing for fitness incorporates basic boxing combinations using focus pads and gloves, combined with other general bodyweight and cardio exercises.

Classes vary each week and it's a great way to meet new people!

Everyone 15 years and over are welcome.

**Location:** Harmony Hall, 44 Patterson Street, Malak

**Cost:** \$5 per person

**No bookings required!**

**Contact:** Chico's Fitness 0408 088 091 or visit

[www.fitnesshubdarwin.com](http://www.fitnesshubdarwin.com)

**A fun cardio & strength workout!**

**BYO mat, towel & water bottle**



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