



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

A fun
cardio &
strength
workout!

BYO mat,
towel &
water
bottle

