

CLASSES

Boxers Circuit: Suitable for fitness, circuit style boxing session with S & C, & bag work.

Fundamentals: Suitable for everyone regardless of experience, practice the basics of form, punches, footwork & defence.

Boxing All Levels: Our signature boxing pad work class. Great for fitness but still technically correct – not boxercise.

Amatuer Fight Team: Prepare for an amateur contest, learn advanced techniques & ring craft.

For more info www.bbpgym.com or check our socials INSTA & FB

	MON	TUE	WED	THUR	FRI	SAT
	1:1 COACHING AVAILABLE BY APPOINTMENT	1:1 COACHING AVAILABLE BY APPOINTMENT		1:1 COACHING AVAILABLE BY APPOINTMENT	1:1 COACHING AVAILABLE BY APPOINTMENT	1:1 COACHING AVAILABLE BY APPOINTMENT
6.15AM 60 MIN SESSION		BOXERS CIRCUIT (GENERAL)		BOXING CIRCUIT (GENERAL)		
7.30AM 60 MIN SESSION						BOXING ALL LEVELS (GENERAL)
8.30AM 60 MIN SESSION						AMATUER FIGHT TEAM (PARTNER WORK)
5.30PM 45 MIN SESSION	BOXERS CIRCUIT (GENERAL)			FUNDAMENTALS ALL LEVELS (TECHNIQUE)	AMATUER FIGHT TEAM (PARTNER WORK)	CLOSED SUNDAYS & PUBLIC HOLIDAYS
6.15PM 60 MIN SESSION		AMATUER FIGHT TEAM (PARTNER WORK)		AMATUER FIGHT TEAM (PARTNER WORK)		
6.15PM 60 MIN SESSION	FUNDAMENTALS ALL LEVELS (TECHNIQUE)	BOXING ALL LEVELS (GENERAL)	BOXING ALL LEVELS (GENERAL)	BOXING ALL LEVELS (GENERAL)		

Learn from Coaches with international experience, accredited through IBA & Boxing Australia.

We offer: Boxing for Fitness & Skills
 Boxing for Competition
 Corporate Boxing
 Boxing for Beginners
 1:1 Coaching



**MEMBERSHIP OPTIONS:
NO CONTRACTS
NO JOINING FEES
NO CANCELLATION FEES**

CASUAL Class \$25

STARTER up to 2 classes \$35 per week

INTERMEDIATE \$40 per week
3+ general classes

AMATUER BOXER \$45 per week
3+ fighter

PRE-PAID
6 Month (you save \$320) \$850

FAQ

1. How long does a class go for?

45-60 min

2. How many people in a class?

12-20

3. What equipment do I need?

Gloves & wraps

4. Do you sell gloves & wraps?

Wraps \$15

Gloves from \$70

5. Is BBPGYM just for serious boxers?

While we do take training seriously, getting in the ring is not for everyone. We train people with technique & fitness in mind.

The choice to progress into sparring or competition is yours.



BOOK IN FOR A FREE TRIAL CLASS

www.bbpgym.com or call 0433469807

