

BBPGYM TIMETABLE

SHEBOX JUST FOR WOMEN

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| 06.30AM | | | | | | | |
| 05.30PM | | | | | | | |

6 WEEK FIGHTING FIT PROGRAM

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| 05.30AM | | | | | | | |
| 09.15AM | | | | | | | |

SHEBOX

Per Class Pay As You Go

\$20

6 WEEK FIGHTING FIT "STARTER"

Starter Package includes:
2x Fighting Fit classes plus unlimited SHEBOX Classes

\$299

6 WEEK FIGHTING FIT "ELEVATE"

Elevate Package includes:
2x Fighting Fit classes plus unlimited SHEBOX classes.
1x Weekly Accountability Check-In on the phone with a Coach
Personal 6 Week Tracker to help you stay on course.

\$599

6 WEEK FIGHTING FIT "ACCELERATE"

Accelerate Package includes:
Everything in the Elevate Package
Plus 6x PT Sessions (1x each week)

\$1200