

SydfIT ALL CLASS SCHEDULE- Effective Dec 1, 2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 -7:15am		Sydfit Early Riser Intermediate 45 minutes	Sydfit Early Riser Advanced 45 Minutes	Sydfit Early Riser Intermediate 45 Minutes		
9 - 10:00am						Sydfit Intermediate
10am						Ladies Only Intro to Sparring Beginner
11am						MomFit Beginner
12:15 -1:00pm	Sydfit at Noon Intermediate 45 minutes		Sydfit at Noon Intermediate 45 minutes			
1:00 - 1:45pm						Tiny Champs Beginner 6 -8 yrs old
4:30 - 5:30pm	Youth Boxing 13 -18 yrs old		Youth Boxing 13 -18 yrs old			
5:30pm	SydTek Advanced (Select Members) 45 minutes	Sydfit Extreme Advanced	SydTek Advanced (Select Members) 45 Minutes	Syd Extreme Advanced	Sydfit Boxing Beginner	
6:15pm	Sydfit Boxing Intermediate	Young Champs <u>6:30-7:30pm</u> 8-12 years old	Sydfit Boxing Beginner	Young Champs <u>6:30-7:30pm</u> 8-12 years old		
7:30 - 8:30pm	Masters Class Beginner 50 yrs old+	Sydfit Boxing Advanced		Syd Extreme Beginner		
8:30 - 9:30pm	Competitive Boxing	Competitive Sparring	Competitive Boxing	Competitive Boxing		

ALL CLASSES 60 MINUTES UNLESS MARKED OTHERWISE

Beginner Class

2 minute rounds

1 minute rest

Intermediate Class

2.5 minute rounds

45 second rest

Advance Class

3 minute rounds

30 second rest

Sydfit Boxing: Join us for our adult co-ed classes that focus on getting you into shape by providing a full body workout, using boxing as the primary tool for cardiovascular improvement, and muscle development. The class targets your key areas while teaching the basics of boxing. We have classes for beginner, intermediate and advanced levels, all taught by our licensed and experienced coaches.

Syd Tek: Valid only for members with the premium package. This limited size 45 minutes class focuses on the fine art of boxing. Breaking down movements and form for anyone interested in taking there boxing fitness to the next level and great for boxers who spar.

SydFIT Masters: Enjoy a more intimate class size focusing on those 50 years young or better. Great fitness workout with the addition of learning boxing fundamentals and technique.

Intrduction to Sparring: These classes are an excellent intro to anyone interested in sparring for fitness or competition. Drills in pairs or groups and specialized coaching instruction will help develop skills inside the ring and in class.

Competitive Boxing: For members who have a desire to step in the ring and go toe to toe with their destiny!

Our competitive boxing programs teach our Destiny Boxing Team at SydFIT Health Centre how to merge their physical skills with the mental strength that being in a bout requires. Ringmanship, defense, and learning how to keep focus in the ring are key components that all boxers work on in this program.

Syd Extreme: This class combines the best of both fitness worlds and packs it into 60 minutes. Improve and build strength using kettle bells, dumbbells, TRX and other resistance tools in the first half of this class. Then we take you through heart pumping, total body conditioning boxing to finish things off!

Tiny Champions: Kids as young as 6 years of age can start learning the basics of boxing in an environment that is structured, yet tailored to the social growth and peer trust obstacles that this age group experiences. In an environment of trust, fun, and acceptance, our Tiny Champions learn boxing through team support of their peers, make new friends, and learn about their inner strengths along the way.

Young Champions: For ages 8-12. A small group atmosphere with limited participants in each class. 1 head coach and 2-3 assistants help our staff focus on your young champion in all areas of fitness and boxing, all while the addition of a healthy home lifestyle program.

Youth Boxing: Youth boxing is a great way to keep teens (14 to 17) active while having fun!

Each class will provide them with one on one time with their trainer for individual assessment. The core of the program is based around the SydFIT Training System. The *SydFIT Training System* is a 5 level grading system that was developed by SydFIT Elite Trainer, Syd Vanderpool. This graduated level program will test participants' increasing skills over the course of 5 Wrap Levels.