

SYDFIT CLASS SCHEDULE 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 -7:15am		SydFIT Early Riser Intermediate 45 minutes	SydFIT Early Riser Beginner 45 Minutes	SydFIT Early Riser Intermediate 45 Minutes		
9 - 10:00am						Sydfit Boxing Beginner
12:15 -1:00pm	SydFIT at Noon Beginner 45 minutes		SydFIT at Noon Intermediate 45 minutes			
4:30 - 5:30pm	Youth Boxing 14 -18 yrs old		Youth Boxing 14 -18 yrs old			
5:30pm	SydTek Advanced (Select Members) 45 minutes	SydFIT Bootcamp Beginner Tiny Champs 6-8 yrs old 45 minutes (Sept - May only)	SydTek Advanced (Select Members) 45 Minutes	SydFIT Bootcamp Beginner	SydFIT Boxing Beginner	
6:30pm	SydFIT Boxing Beginner	Young Champs 9-13 years old	SydFIT Boxing Beginner	Young Champs 9-13 years old		
7:30 - 8:30pm	Skills Plus Intermediate	SydFIT Boxing Beginner		Intro to Sparring		
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