

# TOPBOX



**BOXING GYM**

**082 496 9308**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
05:15		BOXERCISE		BOXERCISE		
08:00						BOXERCISE
08:15	BOXERCISE		BOXERCISE		BOXERCISE	
18:00	BOXERCISE	BOXERCISE	BOXERCISE	BOXERCISE		

## **BOXERCISE**

- 45 minutes non-contact boxing workout. Skipping, Shadow Boxing, Punch bags, Floor work
- Mixed class.
- (10 years +)
- R 150 p/class or R 750 p/month. Adults

## **Free Training**

- Gym opens at 05:00 and closes at 19:00 – Monday to Thursday
- Fridays 06:00 to 15:00
- R350 p/month
- (8 years +)

FOR MORE INFO VISIT US AT OUR WEBSITE

**[www.topbox.co.za](http://www.topbox.co.za)**