

BOX ZONE



SHEBOX - This class is for the ladies, it teaches basic boxing technique, in an easy to follow structure with functional exercises designed to strengthen & sculpt your body. Have fun & get fit.

LUNCHBOX - A lunch time boxing class. Great for relieving daily stress, increasing energy levels & concentration while burning calories at the same time. A 45mins class, leaves you enough time to refuel & back to the office.

HIITBOX - Fusing OLD school boxing training with NEW school interval workouts. Shadow box the basic's, HIIT the bag, develop muscle endurance and core strength with alternating rounds of bag & explosive exercises.

POWERBOX - A power packed 12 x 3 min Heavy bag class. Learn efficient punching, bag combinations & build overall stamina & physical conditioning in the lungs, legs & shoulders.

MITT BOX - Time to HIT the pads! Working in pairs, MITT Box will help you hone your hand/eye co-ordination through timed shots and combinations!

HIRT ZONE



50:50 - Prepare to be mentally + physically challenged. Each session you'll HIT your burn factor with both endurance and speed sets using the rower and assault bikes, and the use of weights to suit your level, designed to mould your body and break barriers. It's an experience that will challenge, inspire, burn fat and push you to exertion that you never thought was possible.

CIRCUITBOX - A circuit based workout with varied cardio & strength rounds along side dynamic boxing & bag rounds. A simple format that allows you to work to your capacity; Burn calories fast.

TRX - A Suspension training workout that leverages gravity & your body weight to develop strength, balance, flexibility and core stability. Essential in any fighters schedule.

POWERBLAST - Partner circuit training at its heart racing best. An explosive body weight workout designed to get you lean & mean. Challenge each other as you try and conquer the PYRAMID.

FIGHT 5 - Discover your inner fighter in this gruelling 5 round 5 exercise workout. Designed to mimic the energy demands of fighters in combat sports. Through the rounds your mentality will need shift up a gear into that of a fighter to get through.

F.I.T 30 - Fight Intensity Training. Get the heart pumping & lungs burning in this 30min AMRAP or EMOM styled class incorporating body weight & weighted exercises.

CONTACT INFORMATION



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★ ★ ★ **BOXING** ★ ★ ★
★ ★ **FITNESS CENTRE** ★ ★ ★

CLASSES ★ **TRAINING**

★ The **AWESOME** effective way to get super fit! ★

**GET
FIGHTING
FIT**

★ ★ ★ ★ ★ **box fitness classes** ★ ★ ★ ★ ★
★ ★ ★ ★ ★ **1 on 1 groups** ★ ★ ★ ★ ★
★ ★ ★ ★ ★ **personal training** ★ ★ ★ ★ ★
★ ★ **boot camps** ★ **8 week camps & more** ★

www.1moreround.co.nz

1 MORE ROUND - CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6.00am	CIRCUIT BOX	POWER BOX POWER BLAST	MITT BOX CIRCUIT BOX	HIIT BOX TRX	POWER BOX POWER BLAST	8.00am	POWER BOX FIGHT 5
7.00am (30mins)	POWER BOX 30		TRX 30		FIT 30	9.00am	CIRCUIT BOX
9.30am			SHE BOX			10.00am	SHE BOX
1.00pm (45mins)	LUNCH BOX		CIRCUIT BOX		LUNCH BOX		
5.30pm	HIIT BOX 50:50	POWER BOX CIRCUIT BOX	HIIT BOX 50:50	HIIT BOX			

Come & experience the 1MR360 fighters training programme. Push yourself both physically and mentally and discover your fighting spirit!

PRICES



CLASSES

Casual	\$20
Concession Card (x10 classes)	\$170

MEMBERSHIP

Unlimited Classes.....	\$40/weekly
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BOOKINGS



ONLINE

www.1moreround.co.nz

APP

Mindbody (search '1 More Round')

WE ALSO OFFER



- Boxing PT - 1-on-1 / Pairs / Small Groups
- Corporate Groups
- Youth Boxing Academy
- Contenders Club / 8 week training camp