

## 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.

**TURBOBOX** - Hit TURBO! This class is a NZ First and only available at 1MR. Using Hykso punch trackers, class athletes will be able to see their strike intensity, punch count and average speed on the screen during the class! See how you are tracking, when you slacked off, and when you pushed your boundaries! You choose your competition - you or your next door neighbour - Time to turn up the heat and HIT the TURBO button!

## HIRT ZONE



**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.

**FIGHT 3** - 3 rounds 5 exercises.

**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



**ADDRESS** 166 St Asaph Street

**MOBILE** 021 2 RUMBLE (021 2 786253)

**EMAIL** admin@1moreround.co.nz



★ ★ ★ **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](http://www.1moreround.co.nz)

# 1 MORE ROUND - CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6.00am	CIRCUIT BOX	POWER BOX POWER BLAST	TURBO BOX CIRCUIT BOX	HIIT BOX TRX	POWER BOX POWER BLAST	7.00am	TURBO BOX
7.00am (30mins)	POWER BOX 30	FIT 30	POWER BOX 30	FIGHT 3	FIT 30	8.00am	POWER BOX FIGHT 5
9.30am			SHE BOX			9.00am	CIRCUIT BOX
1.00pm (45mins)	LUNCH BOX		CIRCUIT BOX		LUNCH BOX	10.00am	SHE BOX
5.30pm	HIIT BOX POWER BLAST	POWER BOX CIRCUIT BOX	HIIT BOX FIGHT 5	HIIT BOX			
6.30pm (30mins)	TURBO BOX 30	TRX 30	POWER BOX 30	TURBO BOX 30			

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

Options starting from.....\$30 weekly

## BOOKINGS



### ONLINE

[www.mindbodyonline.com/login](http://www.mindbodyonline.com/login)  
 (search '1 More Round Boxing Fitness Centre')

### APP

1 More Round Boxing Fitness (Available on Apple and Android)

## WE ALSO OFFER



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