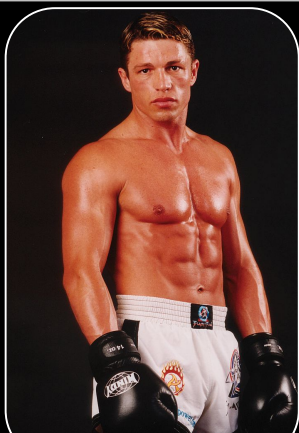


2011 POWERHOUSE - CLASS TIMETABLE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boxing	6.30pm -7.30pm Trainer – Balazs		6.30pm -7.30pm Trainer - Balazs			
Kickboxing & Muay Thai	7.30pm – 8.30pm Trainer - Marty	7.30pm – 8.30pm Trainer - Jozey	7.30pm – 8.30pm Trainer - Jozey	7.30pm – 8.30pm Trainer - Jozey	7.30pm – 8.30pm Trainer - Marty	10.30am – 12.00pm Master Class with Triple World Champ "Ian Jacobs" \$25 per person Booking require
Ladies Hit Fit Self Defence & Kickboxing		6.30pm -7.15pm Trainer - Kim				

Personal Trainers – fast track your skills!



Ian Jacobs
\$250 per hr (3 for \$500)



Jozey James
\$60 per hr (3 for \$150)



MEMBERSHIP FEES

- FREE** Gloves & hand wraps to all new members!
- \$40 upfront payment & direct debit agreement.
- \$25 p/wk = 12 months.
- \$30 p/wk = 6 months.
- \$40 p/wk = 3 months.