



CLASS SCHEDULE

LEARN ONE OF THE MOST EFFECTIVE STRIKING MARTIAL ART

Kickboxing incorporates punches, kicks, knees & elbows. The sport has become world renowned for its simplicity, effectiveness, and outstanding cardio benefits. At Evolution Gym, we've taken the best from different kickboxing styles to evolve our training to the next level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
8 am						Advance / Fighters
4 pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	
5 pm	Teens Kickboxing	Open Mat	Teens Kickboxing	Sparring	Teens Kickboxing	
6 pm	Kickboxing	Advance / Fighters	Kickboxing	Advance / Fighters	Advance / Fighters	
7 pm	Advance / Fighters	Kickboxing	Advance / Fighters	Kickboxing		

Kids Kickboxing - 6 to 12 year old's (All skill levels)

* Advance, Fighters and Sparring classes are by invitation only

Teens Kickboxing - 13 years and over (All skill levels)

Kickboxing - Suitable for Beginners to Intermediate skill levels

P 0480 282 114

E info@evolutiongym.com.au

A Unit 18 / 591 Withers Road, Rouse Hill

W www.evolutiongym.com.au