

## BoxTrain Timetable:

	Mon	Tues	Wed	Thur	Fri	Sat	Sn
<b>Bootcamp</b> Jubilee Park, Glebe		6.00 - 7.00am		6.30 - 7.30pm		8.00 - 9.00am	
<b>Boxing</b> Domain (Sydney CBD)	12.00 - 12.45pm	12.45 - 1.45pm		12.00 - 12.45pm			
<b>Crossfit Express</b> Jubilee Park	6.15am - 7.00am		6.15am - 7.00am				
<b>Lunchfit / Bootcamp</b> Domain (Sydney CBD)		12.00 - 12.45pm		12.45 - 1.45pm			
<b>Lunchfit / Bootcamp</b> Domain (Sydney CBD)		12.00 - 12.45pm		12.45 - 1.45pm			
<b>Boxing</b> Jubilee Park, Glebe		6.30 - 7.30pm		6.00 - 7.00am			
<b>Mums n' Bubs / Womens Fitness</b> Jubilee Park, Glebe			9.00 - 10.00am		9.00 - 10.00am		

**Please note that we have indoor facilities available.**

All fitness levels welcome to attend any of these sessions.

To book in for a session contact us via:

w: [www.boxtrain.com.au](http://www.boxtrain.com.au) m: 0404 679 240 e: [woody@boxtrain.com.au](mailto:woody@boxtrain.com.au)

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