

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:15 AM	STRENGTH BOX		STRENGTH BOX	ENDURANCE BOX		8:30 AM	ENDURANCE BOX
6:45 AM		ENDURANCE BOX			SPEED BOX		
12:15 PM	SPEED BOX	STRENGTH BOX	CONDITIONING	SPEED BOX	ENDURANCE BOX		
1:00 PM	HIIT						
5:30 PM	ENDURANCE BOX	SPEED BOX		CONDITIONING			
6:00 PM			ENDURANCE BOX				
6:30 PM	ENDURANCE BOX			BOXTECH			

LUNCHTIME CLASSES

40 MINUTE LUNCHTIME CLASS, ENABLES YOU TO BE BACK AT WORK WITHIN THE HOUR

#TEAMDOSMANOS

CONTACT

P 09 302 2005

A 2 PRINCES ST, AUCKLAND CITY

W DOSMANOS.CO.NZ

DOS MANOS
A BOXING-BASED FITNESS CLUB



TM

SESSIONS

ALL CLASSES

All classes are for all levels from beginner through to advanced. You have the ability to control the intensity of the class. Boxing will give you a great full body workout and will help you achieve your goals including weight loss, fitness or just toning up. All the while improving your boxing skills! Boxing is a great way to release endorphins and get you feeling fantastic.

CONDITIONING

Love variety?

Then this is the class for you. You will get a full body workout with a variety of resistance training exercises targeting both strength and endurance. Add in some cardio and you have the ideal 50 min all over workout.

STRENGTH BOX

Practice the fundamentals of boxing with added strength exercises. This session uses a range of equipment such as medicine balls, TRX bands and sandbags and combines it with boxing power drills. Great for both building strength and adding power punching to your arsenal. It's a great workout over 50 mins.

ENDURANCE BOX

This class will give you a great cardiovascular workout. It's the ideal session for improving your overall fitness and stamina. The class runs for 50 minutes, is high intensity with limited breaks and is a combination of body weight and resistant exercises. It also provides a good variety of boxing drills to keep it interesting.

SPEED BOX

This session is all about the speed. With a combination of light and fast boxing drills and body weight exercises you get a great cardiovascular workout over a 50 minute duration.

PRICING

ONE CLASS STANDARD WORKOUT
TEN CLASS STANDARD WORKOUT

\$25
\$200

TWELVE MONTH MEMBERSHIP (UNLIMITED CLASSES)
SIX MONTH MEMBERSHIP (UNLIMITED CLASSES)
THREE MONTH MEMBERSHIP (UNLIMITED CLASSES)
WEEKLY MEMBERSHIP (UNLIMITED CLASSES) — 30 DAYS NOTICE

\$30 PER WEEK
\$34 PER WEEK
\$36 PER WEEK
\$38 PER WEEK

GLOVE HIRE

\$5

CONDITION: MEMBERSHIP NON-TRANSFERABLE



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