



Welcome to The Fit Dimension

Everybody who is new to Kickboxing starts with a Kick n' Box Beginners class. These classes are Tuesday and Thursday at 7.15pm or Saturday at 9.00am. We only take bookings for the Kick n' Box Beginners class, with every other class you can just turn up.

In the Beginners class will run you through the six basic boxing punches and the through the basic kicks as well. The class is focused on teaching you the correct technique and teaching you how to use your core as the power source for all punches and kicks.

We give everybody a free week, so that we would like you to do a Beginners class and also an Intermediate class before signing up to anything. During the free week for also provide you with boxing gloves, however when you use our gloves we just get you to purchase some white inner hygiene gloves for \$2.00.

Every class goes for 1 hour, which includes a warm up, the main class, cool down and some abdominal exercises as well.

So when you are ready just email or give us a call and book in for a Kick n' Box Beginners class.

We hope to see you soon.

Anthony Nissen & Gavin Pinksterboer

11 Henry Street Stepney SA 5069

0411 353 789

www.fitdimension.com.au

info@fitdimension.com.au

