



# Fox Studio

Welcome to Fox Studio Bootcamp

## Timetable 2017

Studio
  Suttons Beach
  Open Studio

MORNING					
MON	TUES	WED	THURS	FRI	SAT
5:30am Open Studio	5:30am Challenger		5:30am Challenger		7:15am FoXcross
					7:15am Mini Warriors

EVENING					
MON	TUES	WED	THURS	FRI	SAT
6:00pm Open Studio	7:00pm Punisher	6:00pm Boxing	6:00pm Open Studio		
7:00pm Challenger		7:00pm Boxing	7:00pm Punisher		

IMPORTANT: Sessions & times are subject to change (please follow Fox Studio on Facebook for changes)

BABYSITTING AVAILABLE
MONDAYS 6:00pm
WEDNESDAYS 6:00pm
THURSDAYS 6:00pm

### Tips to remember:

- Bring water and a towel
- Boxing sessions require wraps & gloves
- Wet weather training is held at Fox Studio.
- Kits Club Babysitting must be booked 48 hours in advance. Pre-paid cards must be purchased at first session. Remember NO bookings NO access. (Applies to all ages and conditions apply.)

Find us at:

21 Redcliffe Parade, Redcliffe QLD 4020  
(Entrance from Redcliffe Parade via alleyway next to Italian Emporium or via Sutton Street. Look for the big tyres opposite Montezuma's.)



**Ali Fox**  
TRANSFORMATIONS

Ph: 04522-01-FOX



**Ali Fox**  
ACTIVEWEAR