



Level 1, 158 Victoria Street, Wellington, New Zealand

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Kick Start (KS) is our introductory class held on Wed at 7.15pm, Fri 6.15pm and by demand on Sat 11am (the FIRST session is free when booked in advance) – please call or email us to book. Students for each class are divided into Kick it Kardio (KIK), Kick Tech (KT) and Kick Start – so please inform us which you’d like when booking.

Key:

KIK = Kick it Kardio

KT = Kick Technique (requires approval from trainers)

KS = Kick Start.

All classes are 60 minutes long with the exception of KT which runs for 75 minutes and includes sparring.

AM Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.45am		KIK			KIK	
10.00am						KIK
11.00am						KIK & Kick Start (Level 2)
PM Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12.10pm						
1.00pm	KIK	KIK	KIK	KIK	KIK	
4.15pm			KICK BUTT (Kids)		KIK (by demand)	
5.15pm	Technical Boxing & KIK	KIK	KT Intro (no freestyle sparring – shin guards essential)	KIK	KIK	
6.15pm	KIK & Kick Start (Level 2)	KIK & KT (int. to advanced)	KIK	KIK & KT (int. to advanced)	Kick Start (Level 1) Kick Start (Level 2)	
7.15pm			Kick Start (Level 1) Kick Start (Level 2)			

**Personal Training available daily (1st trial rate: \$50/ hour) Suitable for all levels, from beginner to pro fighter*

Sparring takes place during Kick Tech on Tuesdays and Thursdays at 6.15pm and at the trainer’s discretion. 16oz gloves, shin guards* and mouthguards essential*

**can be purchased or hired at JAI.*