



CHANGE COACHING
AUSTRALIA



PADWORK & SPEEDBALL

BEST UPPER BODY CARDIO WORKOUT

CHOOSE A TIME THAT SUITS YOU

Scan the QR Code to view our timetable
Group bookings on request



WHAT TO EXPECT

Padwork and Speedball involve boxing skills, drills and combinations that can be performed at low or high intensity. Both programs are ideal for anyone wanting to build speed and power, pursue fat loss, boost aerobic fitness or manage a lower limb injury or disability.

Learn the fundamentals in Personal Training (PT) then refine your technique in Shared Personal Training (SPT). Whether you want to increase aerobic capacity, improve your memory or simply enjoy a fun workout, CARDIOBOX delivers.



AUTUMN PACKAGES

Starts: May
Ends: October
No joining fees or memberships

SPRING PACKAGES

Starts: November
Ends: April
New starters may join at any time

www.changecoachingaustralia.com.au