

MONDAY

MAIN BOXING GYM

06:00 - 11:00 OPEN GYM FOR TRAINING
11:00 - 12:00 HIGH INTENSITY CIRCUIT TRAINING
45 MINUTES
12:00 - 13:00 HIGH INTENSITY CIRCUIT TRAINING
45 MINUTES
13:00 - 14:00 HIGH INTENSITY CIRCUIT TRAINING
45 MINUTES
14:00 - 16:00 OPEN GYM FOR TRAINING
16:00 - 17:00 SPECIAL NEEDS CLASS
PLEASE BOOK IN ADVANCE
17:00 - 18:00 BOXING TRAINING CLASS
ALL LEVELS
18:00 - 19:30 ACTIVE FIGHTER CLASS
TECHNICAL SESSION
20:00 - 21:00 BOXING & CIRCUIT CLASS ALL LEVELS

STUDIO GYM

18:00 - 19:00 BOXING TRAINING CLASS
ALL LEVELS
19:00 - 20:00 BOXING TRAINING CLASS
ALL LEVELS

TUESDAY

MAIN BOXING GYM

06:00 - 09:30 OPEN GYM FOR TRAINING
09:30 - 11:00 LADIES ONLY BOXING CIRCUIT CLASS
MIXED LEVELS
11:00 - 12:00 FAT BURNING SESSION
NON-STOP MOVEMENT 45 MINUTES
12:00 - 13:00 FAT BURNING SESSION
NON-STOP MOVEMENT 45 MINUTES
13:00 - 14:00 HIGH INTENSITY CIRCUIT TRAINING
45 MINUTES
14:00 - 16:30 OPEN GYM FOR TRAINING
16:30 - 18:00 AMATEURS CLASS 11 - 16 YRS
18:00 - 19:30 ACTIVE FIGHTER CLASS
TECHNICAL SESSION
20:00 - 21:00 1-2-1 SESSIONS AVAILABLE
PLEASE BOOK IN ADVANCE

STUDIO GYM

16:30 - 17:30 RECREATIONAL BOXING 6 - 10 YRS
18:00 - 19:00 BOXING TRAINING CLASS
MIXED LEVELS
19:00 - 20:00 BOXING TRAINING CLASS
MIXED LEVELS

WEDNESDAY

MAIN BOXING GYM

06:00 - 11:00 OPEN GYM FOR TRAINING
11:00 - 12:00 BAG CIRCUIT TRAINING 45 MINUTES
12:00 - 13:00 BAG CIRCUIT TRAINING 45 MINUTES
13:00 - 14:00 WEIGHT CIRCUIT TRAINING 45 MINUTES
14:00 - 17:00 OPEN GYM FOR TRAINING
17:00 - 18:00 BOXING & CIRCUIT CLASS
MIXED LEVELS
18:00 - 19:30 ACTIVE FIGHTER CLASS
TECHNICAL SESSION
20:00 - 21:00 BOXING & CIRCUIT CLASS
MIXED LEVELS

STUDIO GYM

18:00 - 19:00 BOXING TRAINING CLASS
MIXED LEVELS
19:00 - 20:00 BOXING TRAINING CLASS
MIXED LEVELS

THURSDAY

MAIN BOXING GYM

06:00 - 09:30 OPEN GYM FOR TRAINING
09:30 - 11:00 LADIES ONLY BOXING CIRCUIT CLASS
MIXED LEVELS
11:00 - 12:00 ABS, ARMS, LEGS CARDIO CLASS
45 MINUTES *MIXED LEVELS*
12:00 - 13:00 ABS, ARMS, LEGS CARDIO CLASS
45 MINUTES
13:00 - 14:00 FAT BURNING SESSION
NON-STOP MOVEMENT 45 MINUTES
14:00 - 15:00 SPECIAL NEEDS CLASS
PLEASE BOOK IN ADVANCE
15:00 - 16:00 OPEN GYM FOR TRAINING
16:00 - 16:30 SPECIAL NEEDS CLASS
PLEASE BOOK IN ADVANCE
16:30 - 18:00 AMATEURS CLASS 11 - 16 YRS
18:00 - 19:30 ACTIVE FIGHTER CLASS
CARDIO TECHNICAL SESSION
20:00 - 21:00 1-2-1 SESSIONS AVAILABLE
PLEASE BOOK IN ADVANCE

STUDIO GYM

16:30 - 17:30 RECREATIONAL BOXING 6 - 10 YRS
18:00 - 19:00 BOXING TRAINING CLASS
MIXED LEVELS
19:00 - 20:00 BOXING TRAINING CLASS
MIXED LEVELS

FRIDAY

MAIN BOXING GYM

06:00 - 17:00 OPEN GYM FOR TRAINING
17:00 - 18:00 BOXING & CIRCUIT CLASS
MIXED LEVELS
18:00 - 19:00 BOXING & CIRCUIT CLASS
MIXED LEVELS
19:00 - 20:00 BOXING & CIRCUIT CLASS
MIXED LEVELS

SATURDAY

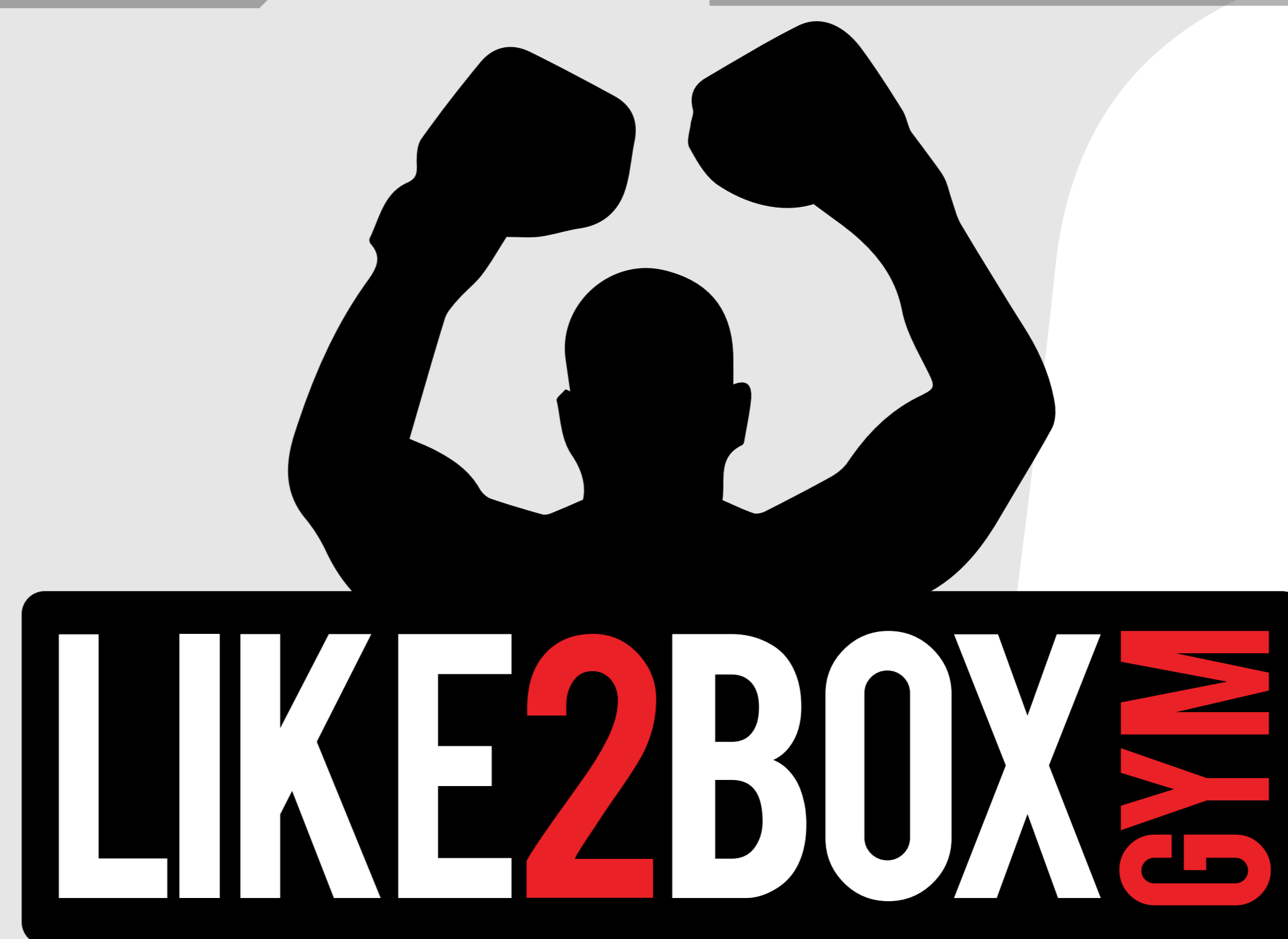
MAIN BOXING GYM

06:00 - 07:00 OPEN GYM FOR TRAINING
07:00 - 08:00 OPEN GYM FOR TRAINING
08:00 - 09:00 OPEN GYM FOR TRAINING
09:00 - 10:00 OPEN GYM FOR TRAINING
10:00 - 11:00 OPEN GYM FOR TRAINING
11:00 - 12:00 OPEN GYM FOR TRAINING

SUNDAY

MAIN BOXING GYM

06:00 - 07:00 OPEN GYM FOR TRAINING
07:00 - 08:00 OPEN GYM FOR TRAINING
08:00 - 09:00 OPEN GYM FOR TRAINING
09:00 - 10:00 OPEN GYM FOR TRAINING - SPARRING
10:00 - 11:00 OPEN GYM FOR TRAINING - SPARRING
11:00 - 12:00 OPEN GYM FOR TRAINING



OVER 18'S £10 PER SESSION

£20 PER WEEK OR £60 PER MONTH

**UNDER 18'S IN SCHOOL OR COLLEGE £5.00 PER SESSION
THERE IS AN ADDITIONAL £5.00 FOR YOUR SECURITY PASS.**

**A REGISTRATION FORM WILL NEED TO BE COMPLETED
AND PARENTAL CONSENT IF YOU ARE AGED 16 OR UNDER**