



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Open Boxing & Gym Open Upstairs 8 - 12 noon
					Kids Boxing Beginners 6+ Years 10 - 11am
					AM PM
Gym / Open Boxing 4 - 8pm	Gym / Open Boxing 4 - 8pm	Gym / Open Boxing 4 - 8pm	Gym / Open Boxing 4 - 8pm		
Amateurs 6 - 7:15pm	Kids Boxing Beginners 6+ Years 6 - 7pm	Amateurs 6 - 7:15pm	Kids Boxing Beginners 6+ Years 5 - 5:50pm	Amateurs 6 - 7pm	PT Available Message for Availability
Adults Fitness Class 7 - 8pm	Adults Boxing Class 7 - 8pm	Keep Fit with Dale Starts 7:30pm	Open Boxing 6 - 7pm		
			Adults Boxing Class 7 - 8pm		

PRICES ADULTS MEMBERSHIP £40 A MONTH
ADULTS PAY AS YOU GO £5 A SESSION

JUNIOR MEMBERSHIP £35 A MONTH
JUNIOR PAY AS YOU GO £4 A SESSION