

MON

7AM - ROCKY WORKOUT
 4PM - JUNIOR BOXING
 5PM - FIGHT TEAM
 7.30PM - SENIOR BOXING

TUES

4PM - MINI BOXERS
 5PM - SEND BOXING 8-12 YEARS
 5.45PM - SEND BOXING 13-19 YEARS
 6.30PM - ROCKY WORKOUT
 7.30PM - SENIOR BOXING

WED

7AM - ROCKY WORKOUT
 4PM - JUNIOR BOXING
 5PM - FIGHT TEAM
 7.30PM - SENIOR BOXING

THUR

4PM - JUNIOR BOXING
 5PM - FIGHT TEAM
 7.30PM - ROCKY WORKOUT

FRI

7AM - ROCKY WORKOUT
 1PM - OVER 50'S
 4PM - MINI BOXERS
 5PM - SEND BOXING 8-12 YEARS
 5.45PM - SEND BOXING 13-19 YEARS

SAT

9AM - TOTS BOXING
 10AM - ROCKY WORKOUT
 11.30AM - FIGHT TEAM

SUN

9AM - OVER 50'S
 10AM - ROCKY WORKOUT

TOTS BOXING - 3-5 YEARS
MINI BOXERS - 6-8 YEARS
JUNIOR BOXING - 9-13 YEARS
SEND BOXING - 8-12 YEARS
SENIOR BOXING - 14+ YEARS
ROCKY WORKOUT - 14+ YEARS
OVER 50'S - 50+ YEARS
SEND BOXING - 13-19 YEARS
FIGHT TEAM - INVITE ONLY

PAY AS YOU GO

TOTS BOXING - £6
 MINI BOXERS - £6
 JUNIOR BOXING - £6
 SENIOR BOXING - £8
 ROCKY WORKOUT - £8
 OVER 50'S - FREE (FUNDED)
 SEND BOXING - FREE (FUNDED)

MEMBERSHIPS

BOXING MEMBERSHIP - £40 P/M (3 X CLASSES P/W)
 TOTS, MINIS AND JUNIOR BOXING CLASSES
 (3-13 YEARS)

UNLIMITED - £50 P/M (ALL 14+ CLASSES)
 14+ SENIOR BOXING AND ROCKY WORKOUTS