

TRAINING CAVE GYM TIMETABLE

TRAININGCAVE.CO.UK



MON

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

TUES

7AM - ROCKY WORKOUT
4PM - MINI BOXERS
5PM - BOX FITNESS
6PM - ROCKY WORKOUT
7.30PM - SENIOR BOXING

WED

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

THUR

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

FRI

7AM - ROCKY WORKOUT
1PM - VETERANS
4PM - MINI BOXERS
5PM - BOX FITNESS
6PM - BOXING FOR SEND

SAT

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

SUN

9AM - PARENT & CHILD BOXING
10AM - ROCKY WORKOUT
11AM - STRONGER TOGETHER

TOTS BOXING - 3-5 YEARS
MINI BOXERS - 6-8 YEARS
JUNIOR BOXING - 9-13 YEARS
BOX FITNESS - 14+ YEARS
SENIOR BOXING - 14+ YEARS
ROCKY WORKOUT - 14+ YEARS
VETERANS - 50+ YEARS
SEND - 14-19 YEARS
STRONGER TOGETHER - 18+ YEARS
FIGHT TEAM - INVITE ONLY

PAY AS YOU GO

TOTS BOXING - £6
MINI BOXERS - £6
JUNIOR BOXING - £6
BOX FITNESS - £8
SENIOR BOXING - £8
ROCKY WORKOUT - £8
WOMENS ONLY FITNESS - £8
PARENT & CHILD - £10 (1 ADULT, 2 CHILDREN)
VETERANS - FREE (FUNDED)
SEND - FREE (FUNDED)
STRONGER TOGETHER - FREE (FUNDED)

MEMBERSHIPS

TOTS BOXING - £15P/M (1 CLASS P/W)
MINI BOXERS - £25 P/M (2 CLASSES P/W)
JUNIOR BOXING - £40 P/M (3 CLASSES P/W)
SENIOR BOXING - £40 P/M (3 CLASSES P/W)
UNLIMITED - £50 P/M (ALL CLASSES)