

Monday	Tuesday	Wednesday	Thursday
4:30PM - 5:30PM Junior Boxing (Ages 8-17)	7PM - 8PM Senior Boxing (18+)	4:30PM - 5:30PM Junior Boxing (Ages 8-17)	7PM - 8PM Senior Boxing (18+)
7PM - 8PM Senior Boxing (18+)		7PM - 8PM Senior Boxing (18+)	

All classes are currently open to members only & due to COVID-19 restrictions we have to maintain a limited capacity within our classes.

We are currently recommending that if you wish to attend classes once we have re-opened them fully, then you are best off booking in some 1-to-1 sessions with one of our trainers.

This will allow you to get up to speed with the other members & will mean that as soon as classes are re-opened fully, you can jump in!