



MONDAY

13:00 - 14:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

14:00 - 18:00 | OPEN GYM

Book online

18:00 - 19:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

19:00 - 20:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

20:00 - 21:00 | INTRO TO BOXING

4 week boxing course for beginners. Enrol at fighterfit.com

WEDNESDAY

13:00 - 14:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

18:00 - 19:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

19:00 - 20:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

20:00 - 21:00 | INTRO TO BOXING

4 week boxing course for beginners. Enrol at fighterfit.com

FRIDAY

13:00 - 14:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

18:00 - 19:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

TUESDAY

13:00 - 14:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

14:00 - 18:00 | OPEN GYM

Book online

18:00 - 19:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

19:00 - 20:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

THURSDAY

13:00 - 14:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

14:00 - 18:00 | OPEN GYM

Book online

18:00 - 19:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

19:00 - 20:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

SATURDAY

11:00 - 12:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.

SUNDAY

10:00 - 11:00 | SPARRING TECHNIQUE

Guided drills for defence and attack strategies.

11:00 - 12:00 | FIGHTERFIT

A 360 boxing & fitness circuit. Beginners to advanced.