

	9am	10am	11am	6pm	7pm	8pm	9-9.30pm
Monday				Amazon	Boxercise	Self defence	
Tuesday					Zumba	Zumba	
Wednesday	Boxercise				Beginners kickboxing		
Thursday					Circuits		
Friday		Amazon		Boxercise	MMA	Advanced Kickboxing	
Saturday		Zumba	Sparring				

Class	Whats involved	Who can do it?	Price
Boxercise	Aerobic and boxing moves combined in a fun, energising workout	Over 16 years old	£5 non members free to members
Circuits	Many different exercises and stations for a full body workout	Over 16 years old	£5 non members free to members
Sparring	Pad work and high intensity drills for striking disciplines	Over 18 years old	£5 non members free to members
Amazon	Burn fat, get fit, total body workout: <a href="http://www.amazontotalbodyworkout.co.uk">www.amazontotalbodyworkout.co.uk</a>	All ages, kids welcome	£4 to everyone
Kickboxing	Taught by highly experienced kickboxing champion, easy to learn	Over 8 years old	£5 to everyone
MMA	Mixed Martial Arts and training with the O'Hagan combat school	Over 18 years old	Pay instructor
Zumba	Easy to follow dance moves for a fun and enjoyable workout	All ages	£4 to everyone
Self Defence	Self defence covering escape techniques weapon disarming and more	Over 18 years old	Pay instructor

**All classes open to non members**

