

Mondays
6 – 6.45

BOXERCISE

6 – 6.45



INTENSITY: 7 -9

Generally working in pairs, and often in a circuits format, get the best boxing training in a fab atmosphere for a really good workout but fun times too! Hook, jab, and skip your way to peak fitness fast!

Monday
6.50 – 7.15

REST BASED TRAINING

Intensity level 8 - 10



Ha! You wish! A brilliant session and as hard as you want it to be – again you select the weights. The idea is though, that you work to fatigue then stop. Listen to your body, not the instructor!