



**BOXING
CIRCUITS
EVERY
MONDAY
6 - 7 P.M**

GET HOOKED!

**USING 'SLAM MAN', ROPES,
STEPS, MATS, GLOVES,
PADS, SPEED BALL, AND
MORE!**

01497 822995

**FROM 12 TH OCTOBER
JUST DROP IN**

**THE GYM AND TONIC
HEALTH CLUB**

'DEMAND MORE!'