

SENIOR DAY PRICE: £11:99

YOUTH DAY PRICE: £5:00
(UNDER 16)

GYM/FITNESS AREA TIMETABLE

SENIOR MEMBERSHIPS
FROM: £34:99 A Month

YOUTH MEMBERSHIPS
FROM: £19:99 A Month

Monday

Junior Amateur boxing
16:30-18:00
Amateur members only

Beginners Boxing
17:30-18:30

Senior Amateur Boxing
18:00-19:30
Amateur members only

Tuesday

Early Risers Boxing
7:00-7:30

Woman's
Only BoxFit
9:30-10:30

Boxing
Technique
12:30-13:15

Senior Amateur Boxing
18:00-19:30
Amateur members only

Boxing Training
19:00-20:00

Technical Sparring
20:00-20:30

Wednesday

Early Risers Tabata
7:00-7:30

Core & Mobility
12:30-13:15

Kickboxing
17:30-18:30

Boxing Pad Session
(Additional Charge)
18:30-19:30

Boxing Training
19:30-20:30

Thursday

Early Morning Circuits
7:00-7:30

Under 14's Boxing
(6+)
16:00-17:00

Boxing Training
18:00-19:00

White Collar Boxing
19:00-20:00

Woman's
Only BoxFit
19:45-20:30

Saturday

Under 14's Boxing
(6+)
10:00-11:00

Boxing Circuits
11:00-12:00

White Collar Boxing
12:00-13:00

Kickboxing
13:30-14:30

Junior Amateur boxing
16:30-17:30
Amateur members only

Senior Amateur Boxing
17:30-19:30
Amateur members only

Friday

Junior Amateur Boxing
16:30-18:00
Amateur members only

Senior Amateur Boxing
18:00-19:30
Amateur members only

Sunday

Junior Amateur Boxing
11:00-13:00
Amateur members only



Ground Floor 151 Freston Road W10 6TH

Gym/ Fitness Area



Membership: £24.99 a month

**Per Session
£5 Under 16's**



Sunday Juniors Amateur
Boxing
11:00-13:00

**Ground Floor 151 Freston Road
W10 6TH**

Mon	Tue	Wed	Thu	Fri	Sat
	Open Gym 07:30 - 15:00		Open Gym 07:30 - 16:00		Under 14's Boxing & Kickboxing (6+) 10:00 - 11:00
Juniors Amateur Boxing 16:30 - 18:00		Open Gym 10:30 - 16:30		Open Gym 10:30 - 16:00	Open Gym 12:00 - 13:30
Muay Thai 18:00 - 19:00		Kickboxing 17:30 - 18:30	Under 14's Boxing (6+) 16:00 - 17:00	Juniors Amateur Boxing 16:30 - 18:00	Kickboxing 17:30 - 18:30
Boxing Footwork & Drills 19:30 - 20:30					

Studio classes



Membership: £39.99 a month

FITFORLIFEYOUTH.CO.UK
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Ground Floor 151 Freston Road
W10 6TH

Mon	Tue	Wed	Thu	Fri	Sat
					Yoga (Purple Room) 12:30-13:30
Muay Thai 18:00 - 19:00		Brazilian Samba Drums 19:00-21:00			Zumba (Studio Hall) 12:30-13:30
Boxing Footwork & Drills 19:30 - 20:30					