

Activity Room

BOX FIT ZONE

The Activity Room has been revamped to make way for the fantastic new boxing equipment.



Box For All

A fantastic 45 minute boxing based workout, using punch bags to work different muscle groups of the body. Led by Dave Davis of D2 Fit, working with professional boxer Anthony Ogogo.

Box Fitness

Combining boxing and exercise in a great fun, stress busting activity.

((BOUNCE))

((BOUNCE)) Brentwood Central classes are provided by external suppliers so booking and payment can be made at www.bouncefitbody.com

Monday

((BOUNCE))
9:30am - 10:30am

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Box for All
12:00pm-12:45pm

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Box for All
6:30pm-7.15pm

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((BOUNCE))
8:00pm-9:00pm

Tuesday

Box Fitness
6:00pm-7:00pm

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((BOUNCE))
7:30pm - 8:30pm

Wednesday

((BOUNCE))
9:30am - 10:30am

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Box for All
11:15am-12:00pm

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Youth Boxing
7:00pm-8:00pm

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((BOUNCE))
8:15pm-9:00pm

Thursday

((BOUNCE))
9:30am - 10:30am

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Box Fitness
12:30pm-1:30pm

Pricing

SAVE £'s with our All Inclusive membership

Classes - Peak	£5.50
Classes - Off Peak	£5.00
Concession Card	£3.50

Peak times: 5pm-Close weekdays. All day weekends.

For ((BOUNCE)) please see pricing at bouncefitbody.com