

















# WATH BOXING CLUB


## ★ CLASS TIMETABLE ★

DISCIPLINE • RESPECT • COMMITMENT • RESULTS




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:00PM   <b>YOUTH BOXING FOR FITNESS</b>            10-16 YEARS</p>	<p>5:00PM   <b>YOUTH SQUAD</b>            10-16 YEARS</p>	<p>5:00PM   <b>YOUTH BOXING FOR FITNESS</b>            10-16 YEARS</p>	<p>4:00PM   <b>KIDS BOXING</b>            5-10 YEARS</p>	<p>5:00PM   <b>YOUTH BOXING FOR FITNESS</b>            10-16 YEARS</p>	<p>8:00AM   <b>SQUAD BOXING</b>            10-16 YEARS / 16+</p>	<p></p>
<p>6:00PM   <b>ADULT BOXING FOR FITNESS</b>            16+ YEARS</p>	<p>6:00PM   <b>ADULT SQUAD</b>            16+ YEARS</p>	<p>6:00PM   <b>ADULT BOXING FOR FITNESS</b>            16+ YEARS</p>	<p>5:00PM   <b>YOUTH SQUAD</b>            10-16 YEARS</p> <p>6:00PM   <b>ADULT SQUAD</b>            16+ YEARS</p>	<p>6:00PM   <b>ADULT BOXING FOR FITNESS</b>            16+ YEARS</p>	<p>10:00AM   <b>KIDS BOXING</b>            5-10 YEARS</p>	<p><b>CLOSED</b>            REST.            RECOVER.            COME BACK STRONGER.</p>

### THREE PATHWAYS. ONE CLUB.

 **FITNESS PATHWAY**  
 YOUTH & ADULT BOXING FOR FITNESS  
 Improve fitness, build confidence, learn skills, feel great.

 **DEVELOPMENT PATHWAY**  
 KIDS BOXING & YOUTH SQUAD  
 Build fundamentals, develop technique, discipline and teamwork.

 **COMPETITIVE PATHWAY**  
 SQUAD BOXING (YOUTH & ADULT)  
 For those committed to competing and achieving at the highest level.



WHATSAPP TO BOOK YOUR **FREE TRIAL** →



**07816 528260**



VISIT OUR WEBSITE  
[wathboxingclub.com](http://wathboxingclub.com)

✓ EXPERIENCED COACHES

★ ALL LEVELS WELCOME

✓ FITNESS • SKILLS • CONFIDENCE

★ BUILDING CHAMPIONS IN AND OUT OF THE RING