

## ON ARRIVAL

On arrival, please enter the building from the Langney Road entrance and report to reception.

At reception you will be asked for your **Membership & Consent form**. This form can either be downloaded from our website so you can fill it out at home or simply grab one at the gym and fill it out there. It must be fully completed before you take part and if you are under 16yrs old then parental consent will be required. If you choose to download the form, then you must bring a hard copy of the form with you. A digital version of it will not be accepted.

If you have previously completed one of these forms, then please let us know on arrival so that your form can be checked and together we can ensure that the relevant information is up to date.

## CLASSES

Beginner's classes are restricted to 24 boxers, the U10's is restricted to 18.

All classes are strictly non-contact. These are beginners classes and will focus on skill, strength, technique, and conditioning.

There will be no parents or spectators allowed to wait in the gym with the exception of the U10's class where 1 person per boxer will be permitted to stay.

## TIMETABLE

Mondays & Wednesdays

Beginners Class – 7pm – 8.30pm - £5 per class

Wednesdays ONLY

Under 10's – 6pm – 6.45pm. Term time only - £4.00 per class

All classes are pay as you go, cash or card on the door

## WHAT DO YOU NEED TO BRING

All boxers should be dressed ready for exercise and bring their own water bottle.

Water bottles can be refilled in the kitchen.

## BOXING GLOVES

Boxers can borrow club gloves.