

boxfit
academy



Boxfit Weight Off

Tuesday and Thursday
10.30am – 11.30am

**Hut 14, Tilgate Forest Recreation Centre,
Tilgate**

Boxfit - Weight off is open to people that are here to specifically shed some weight. Working in the same environment as those around you this class will last for 40-45 minutes and will combine various boxing drills combined with some basic bodyweight exercises to help burn calories and melt away that stubborn body fat.

Suitable for adults 16+ of all fitness levels.

Free drop in introduction session then only £3.00 per session

For further information contact: Boxfit Academy
07766 338168 or info@boxfit-academy.co.uk

Join www.facebook.com/crawleychange4life



Timetable

Monday

09.30 - 10.30 - boxfit (Ladies Only)
16.00 - 17.00 - boxfit Junior (5-10yrs)
17.00 - 18.00 - boxfit Teens (11-15yrs)
18.00 - 19.00 - boxfit
19.00 - 20.00 - kettlebells

Tuesday

06.30 - 07.30 - boxfit bootcamps
09.30 - 10.30 - boxfit circuits
18.00 - 19.00 - boxfit

Wednesday

09.30 - 10.30 - kettlebells
16.30 - 17.30 - boxfit junior
(Bewbush Centre)
18.00 - 19.00 - kettlebells
19.00 - 20.00 - boxfit

Thursday

06.30 - 07.30 - boxfit bootcamps
09.30 - 10.30 - boxfit circuits
16.00 - 17.00 - boxfit Junior (5-10yrs)
18.00 - 19.00 - boxfit
19.00 - 20.00 - boxfit

Friday

09.30 - 10.30 - boxfit abs blast
18.00 - 19.00 - boxfit
19.00 - 20.00 - boxfit

Sunday

10.00 - 11.00 - kettlebells

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