



Classes 2011

Boxing Fitness- Beginners & Intermediate

Classes include training techniques used by the most finely tuned athletes "Boxers" designed to strip fat and give you lean muscle. Classes last 60 minutes and cost £10

Monday to Friday – 7:15am & (13:00 inc Saturday)

Mon - 18:45 & 19:45

Tue 19:30; Wed - 18:45 & 19:45; Thursday - 19:30; Fri - 18:30

Ladies classes

Rooney's gym, offers the ladies, of all levels the opportunity to train and get that beach body look in no time!
Classes include cardio workouts and lean muscle (in the right places) training techniques

Classes last 60 minutes and cost £10

Evenings: Tuesdays and Thursdays: 6.30pm and Wednesday: 5.30pm **Afternoons:** Saturday: 12.00am

White collar training

A general boxing class but with more of an emphasises on boxing techniques and tactics (includes sparring)

Classes last 60 minutes and cost £10

Tuesday & Thursday- 19:45

PRO BOX

"Training for the serious contenders"

This includes boxing fighting conditioning, technique and sparring sessions.

Classes last 2hrs and cost £20 or £60 per week

Monday to Friday- 14:00

YOGA CLASSES

Discover by yourself what yoga is really about with experience yoga teacher Frank Arrigazzi.

Classes last 60 minutes and cost £10

Monday and Thursday 18:30

One 2 One

Personal training sessions tailored to your needs. Whether it's improving your boxing technique, getting fit, maintaining fitness or reach new fitness levels

Sessions cost £55 (£45 for member) for an hour