

Dave Earle's Spit 'n' Sawdust is a back to basics

NO NONSENSE fitness club in the theme of an old style boxing club.

The health, fitness and wellbeing of our members is our number one priority. Once you join us, you soon become part of a big group of friends who train together, have fun and socialise together.

**Amateur Boxing Classes · Boxercise
Personal Training · Weights Room · Gym**



Our Caribbean Café will make you feel like you have landed in Jamaica

Spit n Sawdust 49 North Bar Street, Banbury, Oxon OX16 0TH
01295 2653330.

**1 WEEK
FREE
MEMBERSHIP
WITH THIS
ADVERT!**



**DAVE EARLE'S
SPIT
'N'
SAWDUST
Spit n Sawdust**

Timetable	Boxercise	Weight Loss Class	Amateur Boxing	Ladies Boxercise
Monday	6.30pm - 7.30pm	7.45pm - 8.45pm		10.15am - 11.15am
Tuesday			Under 12's 5.00pm - 6.00pm 12+ 6.00pm - 7.30pm 17+ 7.30 - 9.00pm	
Wednesday	6.30pm - 7.30pm	7.45pm - 8.45pm		10.15am - 11.15am
Thursday			Under 12's 5pm - 6.00pm 12+ 6.00pm - 7.30pm 17+ 7.30pm - 9.00pm	
Friday	The Boxercise Beast 6.30pm - 7.30pm			10.15am - 11.15am
Saturday			All ages 11.00am - 12.30pm	

We also do
Childrens Parties!

Full Membership only £30 per month

www.spitnsawdust.co.uk