



Dave Earle's Spit 'n' Sawdust Gym and Boxing Club

	Boxercise	Weight Loss Class	Amateur Boxing	Ladies Boxercise
	A fun non-combative exercise class using boxing exercises to tone up improve fitness	Boxercise class specifically aimed at people wishing to lose weight. Nutritional advice is available. Weighing and measuring is an additional option	Aimed a youths looking to compete at amateur boxing tournaments. Start training now to be ready for the London Olympics in 2012	A fun non-combative ladies exercise class using boxing exercises to tone up improve fitness We also do children's parties!
Monday	6.30pm – 7.30pm	7.45pm - 8.45pm		10.15am – 11.15am (Ladies Only)
Tuesday			Under 12's 5pm – 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 (Ladies Only)
Thursday			Under 12's 5pm – 6..00pm 12+ 6.00pm – 7.30pm 17+ 7.30-9.00pm	
Friday	6.30pm – 7.30pm			10.15am – 11.15am (ladies Only)
Saturday			All ages 11.00am – 12.30pm	

Spit 'n' Sawdust is a back to basics fitness and amateur boxing gym.

It is situated in Banbury's Town Centre down the alley next to the Buck & Bell Public House on North Bar Street

**For more information call
01295 265333
or 078888 29534
or
snsbanbury@yahoo.co.uk**

**Website:
www.spitnsawdust.co.uk**

Children and Teenagers in the holidays ... Don't get 'bored'...Get active... Make new friends... Use our facilities throughout the day...

Mothers & Toddlers... Meet new people... Have fun doing something new with your children... Use our facilities throughout the day...