

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



	<b>Boxercise</b>	<b>Beginners Class</b>	<b>Amateur Boxing</b>	<b>Under 18s</b>
	A fun non-combative exercise class using boxing exercises to tone up improve fitness  <b>Morning classes are for ladies only</b>	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	Fun fitness classes to get your children and teenagers active and healthy.  <b>We also do children's parties!</b>
<b>Monday</b>	10.15am – 11.15am  6.00pm-7.00pm	7.30pm-8.30pm		Under 18s Boxercise 4.15-5.00
<b>Tuesday</b>			Under 12's 5pm – 6.00pm 12+ 6.00pm – 7.30pm 17+ 7.30-9.00pm	Under 11s Boxercise 3.45-4.30
<b>Wednesday</b>	10.15am – 11.15am  6.30pm – 7.30pm	8.00pm-9.00pm		Under 18s Girls Boxercise 4.15-5.00
<b>Thursday</b>			Under 12's 5pm – 6.00pm 12+ 6.00pm – 7.30pm 17+ 7.30-9.00pm	Under 11s Boxercise 3.45-4.30
<b>Friday</b>	10.15am – 11.15am  6.30pm – 7.30pm			
<b>Saturday</b>			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](mailto:snsbanbury@yahoo.co.uk)

Website:

[www.spitnsawdust.co.uk](http://www.spitnsawdust.co.uk)

## Opening Hours

**Monday 9.30am – 9pm**

**Tuesday 9.30am – 9pm**

**Wednesday 9.30am – 9pm**

**Thursday 9.30am - 9pm**

**Friday 9.30am - 8pm**

**Saturday 10am - 2pm**

**Sunday 11am - 1pm**

### Membership rates:

Per session

Direct Debit

6x months

Annual membership

Only £12.50 per month for every additional family member

### adults

£6.00

£30 per month

£180 + 1 month free

£300

### Under 16s

£3.00

£20 per month

£120 + 1 month free

£200

**We also have a weights room and cardio room.**

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...