

GOOD PRACTICE HYGIENE

- ▲ **NO CONTACT** - Keep 2 Metres apart at all times
- ▲ Clean hands at the door
- ▲ **Schedule regular hand washing reminders**
- ▲ Disinfect surfaces after use

- ▲ **Avoid touching your face**
- ▲ Cover your coughs and sneezes
- ▲ Increase ventilation by opening windows and doors
- ▲ Do not share equipment

MON

TUES

WEDS

THUR

FRI

SAT

JUNIORS

AGE 7-13

6pm - 7pm

YOUTHS

AGE 11-18

6pm - 7pm

JUNIORS

AGE 7-13

6pm - 7pm

BOXERCISE

10am - 11am

AMATEUR TEAM ONLY

6.30pm - 8.00pm

AMATEUR TEAM ONLY

6.30pm - 8.00pm

OVER 50s

11.30am - 12.30pm

OPEN SESSION

7.30pm - 8.30pm

OPEN SESSION

7.30pm - 8.30pm

OPEN SESSION

7.30pm - 8.30pm

COUNTER PUNCH MALE

1pm - 2.30pm

COUNTER PUNCH FEMALE

3pm - 4.30pm

TEMPORARY TIMETABLE
FROM 27th JULY - MEMBER ONLY