

Wath Health and Fitness Hub

Monday
6.30am to 7.30am BOOTCAMP: STRENGTH
9.30am to 10.30am BOOTCAMP: STRENGTH
5.00pm to 6.00pm YOUTH. BOXING & FITNESS
6.00pm to 7.00pm ADULT. BOXING & FITNESS
7.00pm to 8.00pm BOOTCAMP: STRENGTH

Tuesday
6.30am to 7.30am BOOTCAMP: CARDIO
9.30am to 10.30am BOOTCAMP: CARDIO
6pm to 7pm SQUAD BOXING
6pm to 7pm BOOTCAMP
7.00pm to 8.00pm BOOTCAMP: CARDIO

Wednesday
6.30am to 7.30am BOOTCAMP: STRENGTH
9.30am to 10.30am BOOTCAMP: STRENGTH
5.00pm to 6.00pm YOUTH. BOXING & FITNESS
6.00pm to 7.00pm ADULT. BOXING & FITNESS
7.00pm to 8.00pm BOOTCAMP: STRENGTH

Thursday
6.30am to 7.30am BOOTCAMP: CARDIO
9.30am to 10.30am BOOTCAMP: CARDIO
6pm to 7pm SQUAD BOXING
6pm to 7pm BOOTCAMP
7.00pm to 8.00pm BOOTCAMP: CARDIO

Friday
6.30am to 7.30am BOOTCAMP: STRENGTH
9.30am to 10.30am BOOTCAMP: STRENGTH
5.00pm to 6.00pm YOUTH. BOXING & FITNESS
6.00pm to 7.00pm ADULT. BOXING & FITNESS
7.00pm to 8.00pm BOOTCAMP: STRENGTH

Saturday
8.00am to 9.00am SQUAD BOXING
9am to 10am BOOTCAMP: CARDIO
10am to 11am KIDS BOXING

Facebook: @WathHub | Instagram: @Wath_Hub | Phone: 01709 947694 | Website: www.schoolofboxing.com/bookings
Basement, Wath Value For Money Market, Montgomery Road, Wath upon Dearne, S63 7QP