

F.A.Q's

One Way System

On arrival please enter the building from Langney Road via reception and exit via the Pevensey Road doors. Please wait to be asked inside. Only two at a time in reception and remember to keep your distance. Parents accompanying kids into the gym will also follow the one-way system and leave from the Pevensey Road end of the building. All boxers will exit via the Pevensey Road doors and so please observe the social distancing rules whilst leaving and collecting your children. Please be aware that during the changeover of classes the coaches will be cleaning the equipment ready for the next session and so no one will be permitted to wait inside.

On arrival you will be asked for your Membership & Consent form. This form must be downloaded from our website and completed before you take part. If you have previously completed one, then your contact details will be checked so we can ensure this information is up to date. site.

CLASSES

All classes restricted to 18 boxers except the U10's which is restricted to 12. Beginners are welcome.

Classes are to be booked and paid for online, in advance via our website. This is the only way to guarantee your place. Walk ins will be allowed if there is space in the class

Sessions can be booked up to 3 weeks in advance but only one session per night per boxer please.

All classes are strictly non-contact. These are beginners classes and will focus on skill, strength, technique, and conditioning.

There will be no parents or spectators allowed to wait in the gym except for the U10's class where 1 person per boxer will be permitted to stay.

You will follow all the social distancing rules that have been put in place when inside the gym.

TIMETABLE

Mondays & Wednesdays ONLY

Juniors & Seniors - 7pm – 7.50pm Beginners welcome

Juniors & Seniors - 8pm – 9.00pm Beginners welcome

Wednesdays ONLY

Under 10's – 6pm – 6.45pm. Term time only

PRICES

U10's £3.50 per class

Juniors £4 per class

Seniors £5 per class

All classes are pay as you go

Toilets

One in one out. Showers not to be used. Toilet next to the kitchen will be strictly Staff Only.

Kitchen

All boxers must bring their own water bottle(s) which can be refilled from the kitchen tap only.

Boxing Gloves

Boxers can borrow club gloves. Please follow the rules surrounding this to avoid cross contamination. The coaches will explain this to you.

All boxers will use the hand sanitizer before, after and if applicable during their session.

Masks and face coverings are not mandatory inside the gym.