

ACTIVATE

FREE BOXING SESSIONS

Age 10+



Every Thursday 5pm - 6pm

**@ Unity Boxing Centre
In partnership with Activate**

Message our FB page to book



[/highstreetcentrerawmarsh](#)
[/highstreetcentre](#)

ACTIVATE



The Children & Young People's Project




High Street Centre Ltd
High Street, Rawmarsh
Rotherham S62 6LN




UNITY CLASSES

BOXING TIMETABLE

Mon -	6:00pm - 6 - 11 yrs
	7:00pm - 12 - 17 yrs
	8:15pm - 18 yrs +
Tues -	6:00pm - 6 - 11yrs
	7:00pm - 12 - 17 yrs
	8:15pm - 18 yrs +
Wed -	6:00pm - 6 - 11yrs
	7:00pm - 12 - 17 yrs
	8:15pm - 18 yrs +
Thurs -	6:00pm - 6 - 11yrs
	7:00pm - 12 - 17 yrs
	8:15pm - 18 yrs +
Sat -	10:00am - 6 - 11yrs
	11:00am - 12 - 17 yrs
	12:15pm - 18 yrs +
Sun -	11:00am - 8yrs + (female only) - FREE

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£4/session per person or £10/wk

**Aldwarke Business Centre,
S65 3SR**



UNDER 18'S ATIF SHAFIQ 07707918885
OVER 18'S ABDUL MAJID 07495940781
FEMALE ONLY BECKY BUCCLEY 07879415317





UNITY CLASSES

Adults timetable

- Mon - 5:30pm HIIT - £5/person**
8:15pm Adults Boxing - £4/session
- Tues - 11:00am Mens Talk and Train - FREE**
5:30pm HIIT - £5/person
8:15pm Adults Boxing - £4/session
- Wed - 10:00am Womens Boxing/Fit - £5/person**
5:30pm HIIT £5/person
8:15pm Adults Boxing - £4/session
- Thurs - 11:00am Mens Talk and Train - FREE**
5:30pm - HIIT £5/person
- Fri - 5:00pm Womens Boxing/Fit - £5/person**
- Sat - 12:15pm Adults Boxing - £4/session**
- Sun - 11:00am - Female Only Boxing/Fit - FREE**

Adult boxing £10/wk (ongoing)

HIIT classes bring a friend half price offer - Jan/Feb ONLY

1:1 sessions also available contact Abdul for more info 07495940781

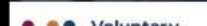


JOIN NOW



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**Aldwarke Business Centre,
S65 3SR**





WOMEN AND GIRLS FITNESS

DELIVERED BY BECKY

BOXING AND SELF DEFENCE



WEDNESDAY 10:00AM - 11:00AM £5/PERSON

FRIDAY 5:00PM - 6:00PM £5/PERSON

SUNDAY 11:00AM - 12:30PM - FREE

AGES 8 YEARS PLUS



Call Becky for more information

07879415317

**Aldwarke Business Centre
Alwarke Lane, Rotherham
S65 3SR**

  @unitycentreboxing

