

fitzroylodge.com

FITZ ROY

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FITZROY LODGE Amateur Boxing Club
Archway 180 Lambeth Road London SE1 7JY
Tel: 020 7928 0146



KO CIRCUIT

Stretching, skipping, shadow boxing, bag work, tuition on the pads and even supervised sparring, this intensive training session teaches all the basics of boxing. With experienced trainers and a fully equipped gym, this is the ultimate way to get fit and relieve the tensions of life.

OPENING TIMES

Mon 9.30 - 2.30	Wed 9.30 - 2.30	Fri 4.00 - 8.00
Tue 9.30 - 5.30	Thu 9.30 - 5.30	Sat 10.00 - 12.00

Organised sessions are available on request during Monday, Tuesday and Wednesday. Please call the gym for more details

FEEES

Weekday session: £3 Saturday session: £5