



. Fitness

Unit E5, Swallows Business Park, Lower Dicker BN27 4EL

🌐 gym-box.co.uk

✉ train@gymbox.fitness

Timetable & Prices

Open Gym:

Monday - Friday	7.00am - 8.00am 8.00am - 1.00pm 5.00pm - 7.00pm
Saturday	8.00am - 11.00am

Circuit Classes:

Tuesday & Thursday	6.00pm - 7.00pm
Wednesday & Friday	7.00am - 8.00am
Saturday	9.00am - 10.00am

Hyrox Training Class:

Saturday	10-00am - 11.00am
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Personal Training:

1-2-1 / Family / Friends sessions available 30 - 45 - 60 Minutes

Prices / Memberships:

Drop in / PAYG*	£15.00	Bookings can be made 30 days in advance via the TeamUp app.
Drop in x 6* (Valid for 1 month)	£70.00	Class bookings close 12 hours before session.
Drop in x 10* (Valid for 2 months)	£110.00	Class cancellations can be made 1 day before class - otherwise not refundable.
Unlimited Open Gym	£90/Month	
Unlimited Open Gym & Classes	£110/Month	* Includes open gym & classes

TeamUp: <https://goteamup.com/p/10492026-gym-box-fitness/>

Mark: 07879 441268 - Teresa: 07813 790887

Strength • Fitness • HYROX • 1-2-1 & Group Training