

# BOXERCISE®



6pm - 7pm & 7pm - 8pm

Every Wednesday

£3 or £1.50 with a C Category Leisure Card

**Punch your way to  
a perfect physique**

## Venue

Harlow + District Chinese Community Centre, Lower Meadows,  
Commonside Road, Harlow, Essex, CM18 7RT

## Contact

David Hogg: 07734 2958235  
Chris Purvis: 01279 446435

For more information visit: [www.hoggsfitness.co.uk](http://www.hoggsfitness.co.uk)

