

**BACK TO
BASIC
FITNESS
FOR
EVERYONE**

DAVE EARLE'S
BANBURY

**SPIT
'N'
SAWDUST**



**No need to dress to impress.
Spit 'n' Sawdust
is about fitness not fashion**

- Boxercise classes
- Circuit training
- Amateur boxing club
- After school club
- Fitness studio

Membership
only £25 per month,
£250 per annum
or £6 per session adults
£3 for children

FOR FURTHER INFORMATION ON CLASSES, GYM USE OR NUTRITIONAL ADVICE

CONTACT DAVE EARLE ON BANBURY 265333

OR CALL IN AT SPIT 'N' SAWDUST 49A NORTH BAR STREET, BANBURY

(behind the Buck and Bell public house)