Due to the ongoing situation with regards COVID19 there are govt. guidelines for indoor sport participation that we are bound to abide by.

We ask you to observe the following rules and guidelines when training at Wicker Camp...

* there will be a one way system in place....you will enter through the usual entrance and exit via our fire escape route (at the bottom of the gym next to the boxing ring)
*
* you must book your chosen class via text or Whatsapp message on 07743596420. You cannot just turn up for a class.
*
* you will have your own dedicated training area so please remain in that area throughout the session.
*
* our changing rooms and showers are now open **BUT** we ask you to keep 1m+ distance with a maximum capacity of **4** people at any given time
* you must observe social distancing wherever necessary and respect the needs of others
* please use our hand sanitizing stations and disinfect your area with the paper towels and spray provided after your session
* please bring a towel for floor work
* classes are pay as you train adult £5/class, juniorU18 £4/class OR cash monthly membership adult £30/month, juniorU18 £20/month.
* if you want to do padwork then you must register yourself and your padwork partner at reception