

Boxing: 60-minute class

- Warm up: 10 min

Will consist of dynamic stretching,
“pulse raising” activity etc.

- Partner work: 20 min
Taekwondo pads

- Bag work: 20 min
Rounds with stand-up heavy bags

- Core/Cool Down: 10 min
Core exercises with a cool down stretch

4 Week Sessions

1x week \$74, 2x week \$130, 3x week \$180, Drop-ins - \$20

