

SPECIAL OFFER!

\$15 PER WEEK

No Minimum Term



We are opening our doors during Summer School Holidays to all kids aged 7 - 15 years!

Mon to Fri from 1pm - 3pm

Group fitness, boxing technique classes and activities.

All fitness levels welcome.
No experience necessary

BOXINGFIT
24/7

4 / 11 SALMON ST, PORT MELBOURNE
PH: 1300 269 348

**MEET A FEW OF
OUR TRAINERS**



LIAM GALLAGHER



FRANCESCA KUNZ



CARA STEWART



LIAM HOWARD



KIDS BOXING & FITNESS

Summer School Holiday Program

Monday - Friday 1pm - 3pm



OUR *CONTACT*



1300 269 348



4 / 11 SALMON ST,
PORT MELBOURNE, 3207



WWW.BOXINGFIT.COM.AU

BOXINGFIT
24/7

ABOUT *US*

Give your child the chance to build confidence and make new friends with our engaging Kids Club Boxing and Fitness program!



WHAT KIDS WILL LEARN

- BOXING BASICS
- FUNDAMENTAL BOXING TECHNIQUES
- SELF-DEFENCE SKILLS
- CONFIDENCE BUILDING
- BOOST SELF-ESTEEM
- SKILL DEVELOPMENT
- STRESS RELIEF & MANAGEMENT
- RESPECT
- MAKE LASTING FRIENDSHIPS

WHAT WE PROVIDE

- HIGHLY SKILLED TRAINERS
- INCLUSIVE SUPPORTIVE ENVIRONMENT
- POSITIVE REINFORCEMENT
- FUN ENERGETIC CLASSES