

KICK, PUNCH, MOVE & BOXING WORKOUTS

BOXFIT

Non-contractual photo

BOOK NOW!

FOR BEGINNERS TO INTERMEDIATES

BOXFIT

BoxFit is the fusion of fundamental boxing drills and techniques coupled with strength and conditioning exercises. Learn to kick, punch, and move swiftly while practising cross training boxing workouts.

What you will learn in BoxFit:

- Kicks
- Punches
- Defensive posture
- Knees
- Agility

BOXFIT LESSONS SCHEDULE

For persons as from 13 years old

Tuesday	Thursday	Saturday
18:00 - 19:00	18:00 - 19:00	9:00 - 10:00

For children of 7 to 12 years old

Saturday	8:00 - 9:00
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PRICES FOR MEMBERS

PAY PER SESSION	Rs 65
10 SESSIONS	Rs 400

PRICES FOR NON-MEMBERS

PAY PER SESSION	Rs 125
10 SESSIONS	Rs 800