

KICK, PUNCH, MOVE & BOXING WORKOUTS

BOXFIT



FOR KIDS - 7 TO 12 YEARS OLD

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.

BOXFIT LESSONS SCHEDULE

For children of 7 to 12 years old

Tuesday	16:00 - 17:00
Saturday	8:00 - 9:00

What you will learn in BoxFit:

- Kicks
- Punches
- Defensive posture
- Knees
- Agility

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