



Want to keep  
your child  
active,  
motivated and  
off their  
devices?

## NON-CONTACT BOXING

# Kids + Teens Boxing Classes.

High-energy, non-contact boxing fitness classes designed just for 5–17 year olds. Our sessions focus on fitness, confidence, and mental wellbeing in a fun, supportive environment.

### WHAT TO EXPECT:

- Fitness & Fun
- Confidence & Resilience
- Social Skills & Teamwork
- Welcoming environment
- Experienced, DBS-checked coaches
- Perfect for all abilities

### CLASSES EVERY SUNDAY:

- 9.15am – 5–7 year olds
- 10.10am – 8–11 year olds
- 11.05am – 5–7 year olds
- 12pm – 12–17 year olds

**Location: Woodbridge High School, Woodford.**

**First class FREE - Limited spaces available**