



Want to **keep**
your teen active,
motivated and
off their
devices?!

NON-CONTACT BOXING

Teen Boxing Classes.

High-energy, non-contact boxing fitness classes designed just for 12–17 year olds. Our sessions focus on fitness, confidence, and mental wellbeing in a fun, supportive environment.

WHAT TO EXPECT:

- Boxing technique + Strength & conditioning
- Circuit training & teamwork
- Confidence-building and positive vibes
- Led by experienced, DBS-checked coaches
- Perfect for all abilities — no experience needed!

Woodbridge High School Every Sunday @ 12PM

First class FREE - Limited spaces available