

Boxing Training



BTNI

“Boxing Training Novice/ Intermediate”

Learn boxing skills with qualified Level 1 Boxing Coaches (Boxing Australia). Our coaches don't just coach, they fight as well and they are well equipped to teach you real boxing technique—footwork, bag technique, shadow boxing, partnerwork, sparring, strength, conditioning and ring fitness.

BTFC

“Boxing Training Fighter/Competition”

For those who wish to gain advanced boxing skills or enter Boxing Tournaments. Amateur and Professional fighters welcome. Training schedule is 5 days per week. Fees for this class reduce after the Student's first fight.

