

Boxing Circuit

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“Boxing Circuit”

This great cardio class will get your heart rate up using boxing bags, speed ball, floor to ceiling, focus pads with class trainer & lots of body weight exercises and fitness drills.

Learn basic technique (no air punching here!). All fitness levels welcome and low impact exercises are included if you are just starting out in a new fitness program.

Gloves & hand wraps available to borrow, and we also have *Punish Fight Gear* available to purchase.

Class is on 6.30-7.30pm Mon & Wed and 7.00-8.00am Saturday mornings.



BOXING GYM
MATRIX
health & fitness