



Fighting Fit Kids

Kids boxing and fitness classes are here by popular demand.

We often get asked if we can run something for the younger members of the family and so here it is:

When: Tuesday and Friday

Time: 3:45pm to 4:30pm

Cost: One session per week = \$75 per term
Two sessions per week = \$130 per term

*** Please note that kids are also required to bring their own boxing gloves. We can organise these for a further \$30 if requested.*

Commences: Tuesday 5th February

Who for: Any 6yo to 12yo, male or female

Boxing is a fantastic program to *improve physical fitness, increase self-confidence, teach self-defence and decrease aggression.*

This is a non-contact program teaching the skills of boxing and related fitness!!!

For any questions or enquiries please ask your trainer or e-mail Glenn on glenn@fightingfit.net.au

Numbers will be limited!!!

