



BOXING BASICS SERIES

Join me in this 3 part series breaking down the basics of boxing!

Delivered via Zoom, we will work through the following over the course of 3 sessions...

1. Punches - **Monday April 20 @ 5pm**
2. Kicks - **Monday April 27 @ 5pm**
3. Combinations & Form - **Monday May 4 @ 5pm**

Free of Charge

No Equipment required

To register please log into your member portable and "purchase" the boxing basics program. Zoom invite will be sent for the sessions.

Limited spaces available.

*my***Fitness**
WATERLOO