

YOUTH BOXING

AFTER SCHOOL PROGRAMS

Benefits Of Our Youth Boxing Program

- Discipline
- Respect
- Self-Confidence
- Coordination
- Self-Defense
- Better Grades
- Self-Esteem

The classes are taught in a high energy, fun environment with an emphasis on physical fitness and discipline.

Students Will Learn

- Footwork
- Bag Drills
- Boxing Techniques
- Conditioning
- Physical Fitness
- Positions & Strategy



Programs

- Youth, Teens & Adult Programs
- Boxing
- Kickboxing
- Jiu-Jitsu / MMA
- Fitness Classes
- Women's Kickboxing

Free
Boxing Gloves
Hand Wraps
& T-Shirt

(with registration)

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