

**TRIAL
SESSIONS
£12**

WOMENS BOXING: UNLEASH YOUR POWER WITH BOXFHIIT

**JOIN US FOR AN ADRENALINE-PUMPING EXPERIENCE
DESIGNED EXCLUSIVELY FOR THE FIERCE AND
FEARLESS WOMEN OF OUR COMMUNITY!**

- **QUALIFIED FEMALE INSTRUCTOR**
- **CARDIO CONDITIONING & STRENGTH TRAINING**
- **LEARN ESSENTIAL SELF-DEFENSE TECHNIQUES**
- **SKILLS DEVELOPMENT**
- **INCLUSIVE AND EMPOWERING**



ONE TO ONE & GROUPS CLASSES PLEASE INQUIRE FOR AVAILABILITY

**DM+447957446499 SESSIONS'S TERM TIME ONLY
ADVANCE BOOKING ONLY AS LIMITED SPACES.**



GGs-1



Certified Women's Coaching Specialist

