



JABFIRST
BXN ACADEMY

Jab first boxing academy is a brand name run through primary schools in north London as lunch time and after school clubs.

Offering a unique training style the purpose of the club is to implement great habits through the boxing fundamentals of the sport. Some of the key focus areas that we work hard on are the following below.

FOCUS AREAS

- SELF DEFENCE•CONFIDENCE•MOVEMENT
- DISCIPLINE•FITNESS•LEADERSHIP•ACCOUNTABILITY•ATTITUDE •FOCUS
- EMOTIONAL RELEASE

Our aim of the academy is to make each and every individual be the best version of themselves, create an identity through the sport and become physically and mentality stronger inside and outside of boxing giving them the best chance possible in their day to day lives.

CLUB DETAILS

AUTUM TERM

START DATE: 9th Sept

FINISH DATE: 9th Dec

12 weeks

£78

Years 3,4,5,6's

Mondays 3:15pm- 4:15pm

To book on please contact me: jabfirstbxnacademy@gmail.com