



JABFIRST
BXN ACADEMY

HALF TERM ACADEMY SESSIONS

MONDAY 17th

Sessions 1: 10am-11:30am

Sessions 2: 12pm-1:30pm

WEDNESDAY 19th

Session 1: 10am-11:30am

Session 2: 12pm-1:30pm

FRIDAY 21st

Session 1: 10am-11:30am

Session 2: 12pm-1:30pm



KEY INFORMATION

Single session: £20 per session

Package

3 session: £50

Session 1: Age Group 7-9

Session 2: Age Group 9-12

Only 12 spaces available per session!

Through our academy sessions we'll be working closely with the students on the key fundamentals of boxing. The session break down will be 10 minutes of intense boxing drills and pad work followed by 20 minutes of sports specific conditioning circuits.

Location: Ground Gym unit A, Leeds pl, N4 3QW

To book on please contact:



jabfirstbxnacademy@gmail.com