



BOX&BALL MAY CAMP

Box & Ball combines two sports that complement each other seamlessly. Footwork, positioning, timing, execution, discipline and confidence are key attributes relied upon in both sports, each with its unique training styles to enhance skill development. When the training styles of boxing and football intersect, the benefits become evident. With less pressure and more fun, participants can reap the rewards of this dynamic fusion.

DATES

Tuesday 27th May- Friday 30th May

TIME: 9:30am Drop off - 3pm Collection

COST: £25 per day

VENUE

Priory Park 112 middle lane, London N8 9LN

**AGES:
7-15**

TUESDAY FREE

ESSENTIALS

- ✓ Astros
- ✓ Trainers
- ✓ Shin Pads
- ✓ Boxing Gloves
- ✓ Plenty Off Water
- ✓ Snacks
- ✓ Packed Lunch

Booking Details: boxxnball@gmail.com



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