



**JABFIRST**  
BXN ACADEMY



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•SKILL SET•RESILIENCE •MOVEMENT  
•DISCIPLINE•FITNESS•LEADERSHIP•ACCOUNTABILITY•ATTITUDE •FOCUS  
•EMOTIONAL RELEASE

**CHECK OUT OUR WEBSITE**

**[WWW.JABFIRSTBXNACADEMY.COM](http://WWW.JABFIRSTBXNACADEMY.COM)**

## CLUB DETAILS

**AUTUMN TERM**

**START: 8th September**

**FINISH: 8th December**

**13 weeks**

**£84.50**

**Years: 3-6's**

**Mondays: 3:15pm- 4:15pm**

To book on please contact me: [jabfirstbxnacademy@gmail.com](mailto:jabfirstbxnacademy@gmail.com)