



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 continuously 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

CLUB DETAILS

SPRING TERM 26

START: 5th January

FINISH: 23rd March

Years: 3-6's

Monday: 3:15pm- 4:15pm

To book on please contact:

jabfirstbxnacademy@gmail.com

11 weeks
£71.50