



www.dcboxing.co.uk

JUNIOR BOXING & FITNESS

FREE to join in
Tuesdays 4pm - 5pm
(12 - 16 years)

Thursdays 4pm - 5pm
(6 - 11 years)

ASTON PARISH HALL

- learn how to box
- boxing fundamentals
- Padwork
- improve physical & mental wellbeing
- fitness circuits
- England Boxing qualified coaches



THE SAFER ROTHERHAM
PARTNERSHIP

Rosegarth Av, Sheffield S26 2DD

FOR MORE INFO

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