



correct.

BOXING

GROUP TRAINING

Boxing is a timeless workout, that's fit for anyone of any level. Corrects Boxing sessions combine a range of high cardiovascular drills, core work & coordination mixed in with great one on one trainer access to help guide and educate movement technique. Along with being a great way to tone and produce lean muscle, our boxing groups provide a great way develop new social circles in a friendly, competitive environment.

All of Corrects boxing sessions use up to date equipment, fitness pads and power bags that are readily available to use, making your workout run quickly and smoothly. Clients also have the option to purchase their own gloves and inners if they wish.

UNLIMITED GROUPS

Choose from
multiple different
group classes
every week

\$70 p/w