

Keep fit with boxing!

BOXING A WAY TO GET FIT WITHOUT GETTING HIT!

BOXING TRAINING FOR EVERYONE

Boxing training for KIDS and ADULTS. Whether it's boxing for beginners, competitive or purely fitness. KABO classes will work on the whole body, improving all the core muscle groups, building strength and stamina. Fun and friendly classes to help you GET FIT and LOSE WEIGHT, Improve your self-confidence and hand-eye co-ordination.

Muirhouse Millennium Centre

Starting 19th March 2014 and then every Wednesday from 6:15 – 7:15

All Class Prices: – Adults £4, 16-21yrs £3, Under 16 £2.50

Submitted by [Jim McGinty](#)

