



Develop Self-Discipline


Learn Boxing Techniques


Build Self-Confidence

Healthy Physical Activity


Free Boxing Camp

info@n3wangle.com

 11:00am - 2:00pm

 December: 23, 24, 27, 30, 31; January: 3

 Ages 11 - 18

 MBMT, Bridgewater Close, Reading RG30 1JT

Our intensive training camps develop technical and tactical skills while considering the physical and mental aspects of boxing, improving confidence and decision-making. Alongside skill development, we integrate mentoring throughout the day to support personal growth. A nutritional lunch will also be provided. Boxers will be grouped by age and ability and will join two training sessions each day:

Session 1:

Boxing technique, sparring and drills.

What to bring:

Appropriate clothing and footwear, headguard, gumshield and gloves (if owned), drinks bottle and water

Session 2:

Boxing fitness, bag work, circuit, core, strength and conditioning.

All coaches are:

Child Safeguarding and Emergency, Aid certified, Enhanced Disclosure & Barring Service (DBS) checked, Public Liability and Professional Indemnity Insured

Professional Boxing Coach with 20+ Years Experience!
Scan the QR Code Below to Book Now!

