

# Women039s Boxing Classes (15 GBP)



Location **London, London**  
<https://www.freeadsz.co.uk/x-370548-z>

## WOMEN'S BOXING & BOXING FITNESS CLASSES

Marianne 'Golden Girl' Marston's Ladies Boxing and Boxing Fitness Classes As Recommended By The Sunday Telegraph

Sunday Telegraph journalist, Amy Bryant, started taking part in professional female boxer Marianne 'Golden Girl' Marston's boxing based fitness classes for research into an article she was preparing for the Stella New Year Health and Fitness Special edition.

Amy wrote the following in the Sunday Telegraph article: "Boxing might sound brutal, but the training is highly disciplined - there are no cauliflower ears, or even bruises. My women-only class kicked off with five minutes of skipping to get the heart pumping. Next there was gruelling circuit of press-ups, burpees and star jumps, then it was gloves on. We learnt how to hold our fists, adopt the correct stance and throw a series of punches at a bag or sparring partner.

The process is focused but not aggressive, the aim being to get your body moving more sharply. We finished sweaty and exhausted every session, but always invigorated. Going once a week for twelve weeks I lost the padding from my hips and acquired toned arms, abdomen and calves, whilst an intense one-to-one session improved my balance and power.

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Nearest Station:  
Underground and Main Line - Euston

Marianne also runs an advanced/completion boxing class on Tuesday evening at 7pm and is also available for One-2-One boxing and personal training or for group sessions (2 or more people) by appointment at other