

## Women Only Boxing Classes Get Fit Fast And Have Fun Beating The Crap Out Of Stuff



## Location

## **South East, Middlesex**

<https://www.freeadsz.co.uk/x-406184-z>



OK, So you like the idea of having fun whilst getting fit or was it the BEATING THE CRAP OUT OF SOMETHING that caught your eye. Professional Boxer Marianne Marston's Women's Boxing and Boxing Fitness classes provide the perfect outlet for you to vent your frustrations. That's not all they provide. You will quickly become fitter and more toned as well - which can't be bad. So if you are interested in having fun, getting fitter and beating the crap out of things read on.... Back in 2009, on her return from America, Marianne noticed that the only type of boxing classes being offered to women were of the less effective aerobic 'Boxercise' type and not the fat busting, body sculpting mainly anaerobic BOXING based classes, so she decided it was time to create a series of true Boxing based Classes specifically for Women and they're still going strong now. The Boxing & Boxing Fitness classes, Marianne created, are far removed from the aforementioned 'Boxercise' classes offered by most fitness centres and personal trainers. Marianne's classes, even though created for beginners, are the real deal, and as such you will be using proper boxing equipment such as Focus Pads, Heavy Bags etc. as well as undertaking some of the very same exercises and drills as used by professional boxers in their competition preparations. Please note these classes are for beginners and intermediate level only. Marianne also offers advanced sessions (Boxing Skills, Sparring etc. on Tuesday evenings – by invitation only). Marianne also offers one-to-one personal training sessions – limited slots available. CLASS INFORMATION The Ladies Boxing and Boxing Fitness classes cost £15 per session and are one hour in duration and are held at: The Ringtone Boxing Gym. Basement 141-153 Drummond Street, Euston, London NW1 2PB on Wednesday evenings at 6.30pm. Nearest tube/mainline station - Euston (Underground & Mainline) & Warren Street (Underground) Marianne's long time sponsor Boxfit UK have

launched a Women In Boxing Campaign – please support this campaign + see below: [Boxfit UK](#)

A large QR code that, when scanned, directs the user to the website for the TogetherWeBox campaign. The website URL is https://www.togetherwebox.com.



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Women Only Boxing Classes		Women Only Boxing Classes
Get Fit Fast And Have Fun		Get Fit Fast And Have Fun
Beating The Crap Out Of Stuff		Beating The Crap Out Of Stuff

Boxing Classes Get Fit And Have Fun even your journey of starting a campaign hopes to get closer to a respected sport. ;