Women039s Boxing amp Boxing Fitness Classes - Euston, London (15 GBP)

Location   **South East, Middlesex**

https://www.freeadsz.co.uk/x-458218-z

  Professional Boxer Marianne Marston's Women's Boxing and Boxing Fitness classes not only teach you the art of boxing but also help you to become far fitter and more toned as well.   The Boxing & Boxing Fitness classes, Marianne created, 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 launches â€ª#?TogetherWeBox to Support Women in Boxing This year Boxfit UK have launched the campaign Together We Box to get women into boxing and support both professionals and beginners. Sport is for everyone and there's no place for gender inequality - that's the core message of this campaign. BoxFit UK owner Ken Mills who spearheaded #TogetherWeBox aims to raise awareness of inspirational women and role models, to have a positive impact on beginners who may be wondering if boxing caters to them. How you can get involved If you love to box, use the hashtag #TogetherWeBox and tag Boxfit UK on Facebook, Twitter and Instagram and share your photos from the gym, training and even your journey of starting to box with the community. As the message reaches more people, the campaign hopes to get closer to gender equality and make everyone work together for the mutually respected.