

Ladies Boxing Classes In Barking (EssexEast London) Tuesday 7pm (10 GBP)



Location **London, London**
<https://www.freeadsz.co.uk/x-568090-z>



Professional Boxer Marianne Marston's Women's Boxing classes not only teach you the art of boxing but also help you to become far fitter and more toned as well.

The Boxing classes, Marianne created, are far removed from '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.

CLASS INFORMATION

The Ladies Boxing and Boxing Fitness in Barking, East London take place on Tuesdays at 7pm - classes cost £10 per session and are one hour in duration and are held at:

The TKO Boxing Gym, Abbey Sports Centre (NOT Abbey Leisure Centre that is opposite) Axe Street, Barking IG11 7LX on Tuesday evenings at 7pm

Nearest tube/mainline station - Barking (District and Hammersmith & City Underground Lines and TFL Overground and C2C Mainline trains)

Please note these classes are for beginners and intermediate level only. Marianne also offers advanced sessions (Boxing Skills, Sparring etc.– by invitation only).

Marianne also offers one-to-one personal training sessions for both Male and Female clients – limited slots.



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