

Boxing Classes and One-2-One Training In London - Islington amp Barking (10 GBP)



Location **London, London**
<https://www.freeadsz.co.uk/x-570920-z>




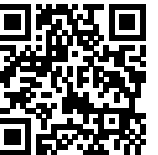






â€Boxing Classes and One-2-One Training In London - Islington & Barking

Professional Boxer and Licensed Professional Boxing Coach Marianne Marston, who received the accolade of "London's Best Personal Trainer" by Time Out Magazine, is now offering Boxing Classes and Personal Training at the PT Workspace in Islington and the TKO Boxing Gym in Barking.

Boxing is one of the toughest sports in the world – whether you compete or not. Boxing engages every part of your body – arms, shoulders and core are obvious, but fast reflexes and thinking as well as strong legs are essential to make the rounds. A boxer needs speed, strength, balance, agility, explosive power and endurance, and the training encompasses all these aspects of fitness, making for a well-rounded athlete.

ONE-2-ONE SESSIONS

Marianne's One-2-One sessions, for both Male and Female clients, are a true professional boxing based workout that includes many of the techniques, exercises and boxing drills that Marianne herself and other top flight professional boxers use in their training and competition preparations and are tailored to your individual needs, whether you are looking to learn to box, improve your boxing technique, or simply want to get into peak shape and are suitable for all regardless of fitness level.

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Class Schedule:

Mixed Group Classes (Barking) Beginner Class: Thursdays at 7pm Advanced Class (By Invitation only): Thursdays at 6pm

Women Only Classes (Barking) Beginner Class: Tuesdays at 7pm Advanced Class (By Invitation only): Tuesday at 6pm

Women Only Classes (Islington) Beginner Class: Saturdays at 9am

GYM LOCATIONS ISLINGTON PT Workspace 87-89 Shepperton Road, Islington, N1 3DF

Nearest tube/mainline station Tube: Angel – Northern Line. Rail/Overground: Essex Road

BARKING

TKO Boxing Gym Abbey Sports Centre (Not Abbey Leisure Centre which is opposite) Axe Street Barking IG11 7LX Nearest tube/mainline station – BARKING Tube: District and Hammersmith & City Rail/Overground: London Overground &