

#### Little Warriors (Ages 8-12yrs)

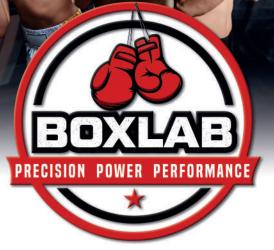
This program helps children develop basic movements, balance, and coordination. Using playful martial arts games, young learners are introduced to foundational skills in an engaging and fun environment that makes fitness enjoyable.

# CONTACT US **0588335965**

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#### ELEVATE YOUR STRENGTH, MASTER THE ART



THE PALM

## POWER IN UNITY

### CLASS TIMINGS

#### **MONDAY-FRIDAY**

6:30AM-7:30AM ADULT GROUP CLASS

7:30AM-8:30AM ADULT GROUP CLASS

4:30PM-5:30PM LITTLE WARRIORS CLASS (8-12YRS)

5:30PM-6:30PM TEEN CLASS (13-17YRS)

7:00PM-8:00PM ADULT GROUP CLASS

#### SATURDAY-SUNDAY

7:00AM-8:00AM ADULT GROUP CLASS

8:00AM-9:00AM ADULT GROUP CLASS

9:00AM-10:00AM LITTLE WARRIORS (8-12YRS)

11:00AM-12:00PM TEENS CLASS (13-17YRS)

# PROGRAMS

#### Boxing

Choose from either one on one personal training or from our limited group class sessions to start your boxing journey.

### **Kickboxing**

Enhance your kick boxing skill with our veteran team of coaches.

### **Little Warriors**

Enroll your child to any of our Kids classes crafted to build skill, physical performance & confidence. Kids classes are categorized as follows; 8-12 yrs & 13-17yrs

#### **Muay Thai**

Join our Muay Thai classes to learn effective techniques and improve your fitness.

# **ABOUT US**

At Boxlab, we are dedicated to empowering individuals through boxing and kickboxing by providing an environment where people of all ages and skill level can learn, train and grow.

