

Unisex non-contact Boxing and exercise circuit class (6 GBP)



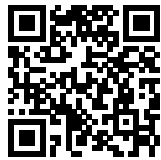
Location **London, London**
<https://www.freeadsz.co.uk/x-439189-z>



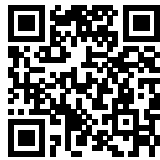
Boxercise with a difference This is a non-contact boxing based workout for anyone wanting an intense combat styled training session. The class is suitable for all levels of fitness and ability as the exercises are adapted so everyone can take part according to their current fitness/ ability level. Gloves and focus pads are provided so all you need to bring is some water and maybe a towel to wipe away your.



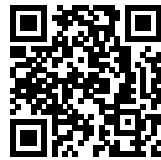
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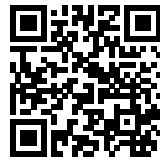
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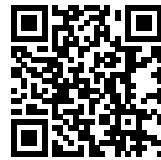
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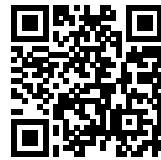
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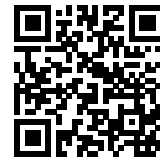
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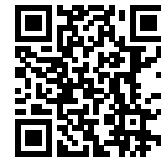
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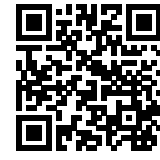
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