



*Boxing Health Wellbeing*

# BOXING PROGRAM

FREE PROGRAM FOR 12 - 24 YEAR OLDS  
4PM-6PM EVERY TUESDAY & THURSDAY  
PCYC MANUNDA, 91 MACNAMARA ST  
BOOKINGS ARE ESSENTIAL

Equipment supplied. Bring a towel & water. No transport provided.

GET FIT. GET STRONG. BE EMPOWERED.  
MAKE FRIENDS.



Scan QR  
Code  
to Register  
Interest

More info: Scott 0409 908 564 / Cheryl 0428 106 749

