

Frequently Asked Questions



It is my first class, what do I need to bring?

To make sure you are prepared, we recommend a water bottle, towel (you will be working up a sweat!), and indoor shoes.

Do you have wraps and gloves available for use during your class?

Yes, we do have a selection of wraps and gloves available for classes. We also have a large inventory of wraps, gloves and shoes for purchase as well, if you prefer your own personal set.

I am not quite sure what to expect, am I able to watch a class prior to taking one?

Of course, feel free to stop by anytime during business hours 1pm – 10pm and check out the club. Schedule is found here; feel free to stop by during a class time as well.

Do I need to have any knowledge or experience in boxing to sign up?

Absolutely not! We offer classes to all range of experiences and our coaches will assist you at any level. We want to make sure you feel comfortable and move at your own pace.

You said first class is free, do I need to register?

No you do not need to register, however we recommend you arrive 15 min prior to class so we can show you around and let you know what to expect!

How does the Punch Pass work?

A 10 class punch passes are available to purchase for \$100. If you would like to join our gym but cannot make it every week due to work or other priorities, the punch pass is a great idea as it doesn't expire.

Do you have items for purchase?

Yes, we do! Stop by the club and we can show you our wide inventory of equipment, clothing and accessories!

I am looking for a one on one session, how do I sign up?

We are currently working on getting our online scheduler set up, however until that is ready, please stop by the club to see what times are available. You can also message us through our Facebook page or email us at info@sweetscienceboxing.ca.