

NEURO BOXERCISE

GAIN AN EDGE



Join our 6-week boxing program to sharpen your mind and strengthen your body.

Boost cognition and cardio with high-energy focused workouts.



INCREASED ENERGY LEVELS



ENHANCED MENTAL SHARPNESS



IMPROVED FOCUS & DECISION-MAKING



NEW PROGRAM COMMENCES 17 OCTOBER'24

WHAT'S INCLUDED:

Expert Coaching: Personalised guidance from a certified sports scientist.

Supportive Environment: Close monitoring for optimal progress.

Interactive Training: Hands-on sessions for maximum results.

PROGRAM DETAILS:

Frequency & Duration: 1x per week, 6-Weeks

Session Duration: 45-minutes
6am for 6.15am start

Location:
48 kishorn Road, Applecross

Program Fee: \$210

Ready to level up?

Scan or contact us to secure your spot.



9240 5266



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