



AFTER SCHOOL BEATBOX™ FITNESS CLUB

We teach basic Muay Thai kickboxing combinations, skills and drills combined with exercises like push-ups, sit-ups and running- then a swap with your partner.

We put this all together with music that the students help us to choose.
It's a fun way to learn self-defence, improve co-ordination and confidence
and even make new friends!

THURSDAYS, 3.30PM – 4.30PM

11TH SEPT TO 27TH NOV (EXCLUDING HALF TERM)

PRICE: £40 FOR 11 SESSIONS

BOOK ONLINE

Book your child's place here and enter the password 'ourschools'