



Even boxing purists have to admit that using both hands and feet is nowadays a key feature of the boxing discipline.

This combined use of arms and legs, offers a wider range of moves, as well as a fun element or technical improvement to light or full contact kickboxing.

Whatever your level, kick boxing improves endurance and muscle tone, as well as your general fitness.

A normal class kicks off with a full warm up then moves on to technique practice (either contact or non-contact) and finishes off with some stretching and cool down exercises.

Safety is a top priority in all of our classes and we insist on protection being worn during training.