

# Tuesday 9.15 - 10 a.m



INTENSITY 5-10  
Suitable for all  
HONESTLY!  
FULL TRAINING GIVEN  
GREAT FUN

## Boxing Circuits

Ok so we KNOW this sounds tough and it CAN be but you can play it your way! As you are all on individual stations you can pace yourselves and Cat will advise you not only how to Jab, Hook, Uppercut and Cross, but how to look after yourselves so you don't over do it! NON CONTACT - this is all equipment based

Always advise Cat of any health matters or changes to your health