UPPER PUNCH
Ufc star

START TODAY ↗

The place for
COACHING FROM CHAMPIONS OF BOXING

Develop confidence, composure under pressure and the discipline needed to be a champ. This is the club you've been looking for.

LOCATION
234-244 Stockwell Rd,
4th Floor Brixton, SW9 9SP

WORKING HOURS
Monday - Saturday: 10:00 - 20:00
Sunday: Closed

CONTACT
M. +49 40 70 929
E. info@bold-themes.com

The place for:

- BOXING ↗
- KICKBOXING ↗
- MMA ↗
- ONE ON ONE ↗
- BOXING FOR KIDS ↗

Weekly
SCHEDULES

VIEW ALL ↗

BOXING / With Darren

MONDAY	07:00 - 08:00
TUESDAY	14:00 - 15:00 17:30 - 18:00
WEDNESDAY	08:00 - 09:00
THURSDAY	07:00 -08:00
FRIDAY	13:00 - 14:00
SATURDAY	14:00 - 15:00

JOIN TODAY ↗

KICK BOXING / With Alex

MONDAY	17:00 - 18:00
TUESDAY	18:00 - 19:00
WEDNESDAY	17:00 - 18:00
THURSDAY	06:30 - 07:30
FRIDAY	09:00 - 10:00 17:00 - 18:00
SATURDAY	10:00 - 11:00

JOIN TODAY ↗

MMA / With Samantha

MONDAY	10:00 - 11:00
TUESDAY	11:00 - 12:30
WEDNESDAY	07:00 - 08:30
THURSDAY	10:00 - 11:00
FRIDAY	17:00 - 18:00 18:00 - 19:00
SATURDAY	10:00 - 11:00

JOIN TODAY ↗

Your first
CLASS FREE

+99 13 11 900

VIEW SCHEDULE

SPECIAL PROGRAMS

BOXING & MARTIAL ARTS
Kids club only

There's no better way to teach self-confidence than boxing. Kids will discover their own determination, skill and passion for fitness, while making friends and having fun. Sign up for a monthly membership, or get a taste for boxing in a single class. We're flexible. All coaches are insured and qualified.

- KIDS **AGES 5-8**
- JUNIORS **AGES 9-11**
- YOUTHS **AGES 12-15**

JOIN US TODAY

BOXING CLUB
Membership

An exclusive TITLE Boxing Club membership gives you full access to group fitness workouts with any of our trainers in all of our classes. Easy monthly payment plans eliminate the stress of counting classes. Just show up and start sweating! It is a long established fact that a plans the stress reader will be distracted by the readable content of a page when looking at its layout.

PRICETABLES ↗

CLUB MEMBERS'
Benefits

JOIN NOW ↗

- A variety of workout styles
- Flexible class times
- Intro to boxing tutorial & TITLE
- Techniques class
- Free weight & cardio equipment
- Personal training options
- Options for great retail, gear
- Lockers
- Showers

MONTHLY
CLUB 4
$70
This month to month option allows you to workout up to four times a month. Reservation needed four times.
BUY NOW ↗

MONTHLY
CLUB CARD
$150
Unlimited classes with month to month gives you freedom to control your workout schedule. No reservations needed.
BUY NOW ↗

MONTHLY
CLUB 8
$110
Workout up to eight times per month gives you freedom to your with this flexible monthly option. Reservation needed.
BUY NOW ↗

Workout structure
WHAT TO EXPECT

START TODAY ↗

01 WARM UP
Trainer-led shadow boxing, cardio drills and stretches to get your heart pumping. You'll begin each class with a solid stretch and calisthenics to prepare your body for or kicking the heavy bag during the rest of the workout.

02 THE ROUNDS
Each of our boxing workouts consist of three-minute rounds where your trainer will lead you through a series of punches and kicks on the 100-pound heavy bag. We'll teach you how to execute each move throughout the rounds.

03 ACTIVE REST
Active rest period is one minute long. You can push yourself and your limits during this period or take a quick water break and jump right into the next round. Get the calorie burn with added lower body the rounds.

04 CORE & COOL DOWN
Finish your full-body workout with the hardest, most sculpting portion of our class. Trainers will lead you through a strengthening and with the hardest abdominal workout to the next define your core.

Our clients
TESTIMONIALS

★ ★ ★ ★ ★

I feel so fortunate to have worked with incredible experts in the fields of health, mindfulness and training, so I thought, 'Why not share that?'

ROBERT MULLINGAN
Recreational climber

Contact
US

Name

E-mail*

I Am Interested In

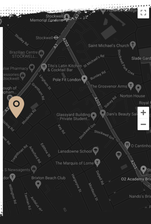
Your Message

SEND NOW ↗

MAILING:
244 STOCKWELL RD
4TH FLOOR
BRIXTON, SW9 9SP

WORKING HOURS:
MON - SAT
6:00 - 23:00
SUNDAY - CLOSED

CONTACT INFO:
069 40 70 929
hello@sixbillfitness.com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