

2024 BOXING TRAINING CAMP

TRAIN LIKE A BOXER

Step into the ring of Warrior Fitness's renowned Boxing Training Camp, where champions are not born, but forged. In the wake of our 2023 camp's knockout success, which launched many into the amateur boxing scene and propelled others to impressive fitness feats, we're back with an even more dynamic and rigorous program for 2024.

Embark on an 8-Week Odyssey of Strength and Skill From March 4th to April 28th, immerse yourself in a training regimen designed by the pros. Your path to pugilistic prowess includes:

- **Intense Boxing Workouts:** Engage in 4-5 sessions each week, with options for both high-energy group classes and focused sessions led by Coach Scott. Whether you're shadowboxing or in the ring, each 1-hour class is a step towards mastery.
- **Personalised Training Plans:** Receive tailor-made training guidance to fine-tune your technique and amplify your power.
- **Robust Strength & Conditioning:** Complement your boxing with strength and conditioning sessions that sculpt a fighter's physique and endurance.
- **Weekly Sparring Sessions:** Test your skills with 2 to 3 sparring sessions a week, learning to read opponents and refine your strategy under the watchful eyes of our coaches.
- **Comprehensive Running Program:** A tailored running regimen that includes a 5km run, complete with a 1.5km warm-up, a 3km sprint, and a 500m cooldown to build unmatched stamina.
- **Biweekly Body Assessments:** Track your progress with regular check-ins to ensure you're in peak fighting form.
- **Unlimited Access Pass:** Your training camp badge is your all-access pass to every group class and open gym session Warrior Fitness offers, ensuring your training never hits a plateau. Note that existing members may top-up their existing memberships so not to waste any existing membership plan.
- **Exclusive Community Support:** Join our dedicated WhatsApp group for camp members to share tips, motivation, and camaraderie as you prepare for glory.

Investment in Your Warrior Spirit: **MOP2,500** This investment includes the full 8-week intensive program and unlimited access to all Warrior Fitness adult group classes for the duration of the camp.

Are You Ready to Answer the Bell? Enrol now by scanning the QR code or visiting our reception.

Secure your spot and lace up for a journey that will redefine your limits and unveil the champion within.

REGISTER NOW VIA QR CODE

