

UNLEASH THE FIGHTER WITHIN.



2025 BOXING TRAINING CAMP

STEP INTO THE RING

Step into the ring with Warrior Fitness Macau's 2025 Boxing Training Camp — a 10-week challenge designed to build your strength, discipline, and focus.

This isn't a fitness class. It's a test of will, mindset, and performance.

Whether you're new to boxing or leveling up your skills, you'll move faster, hit harder, and train smarter.

 **Nov 17, 2025 – Jan 25, 2026**

 **MOP 2,888**

 **Warrior Fitness, Fábrica Va Nam, Taipa Macau**

 **WhatsApp: 6223 3207 | Scan QR to register**

WHY JOIN?

Because real training builds more than muscle. You'll walk out with discipline, focus, and confidence — ready for anything life throws your way.

Train hard. Build strength.

Unleash the fighter within.



Scan for more details

WHAT'S INCLUDED

 **Boxing Workouts:** 4–5 sessions per week, combining pad work, heavy bag drills, footwork, and conditioning. Each coach-led session is built to sharpen your skills, speed, and confidence.

 **Strength & Conditioning:** Dynamic full-body workouts focused on power, endurance, and explosiveness — all tailored to help you move like an athlete and perform like a boxer.

 **Weekly Sparring & Camp-Exclusive Sessions:** Each week, step into controlled sparring sessions (optional) and exclusive camp classes designed just for participants. This is where you'll learn timing, control, and real ring awareness.

 **Running & Endurance Program:** A progressive running plan to improve stamina and cardio performance, combining intervals, sprints, and recovery runs.

 **Check-ins:** Track your journey every two weeks with fitness and strength assessments — measure your progress, stay motivated, and keep hitting new milestones.

 **2025 Camp T-Shirt:** Limited-edition tee.

 **Unlimited Access Pass:** Your camp badge gives you full access to all Warrior Fitness adult group classes and open gym sessions for the full 10 weeks and includes membership to Brave Functional Fitness.

 **Camp Community:** WhatsApp group for motivation, updates, and connection.