



# Boxing Royale

## When

Tuesday evenings starting 5th of March running for 6 weeks.  
2 half hour sessions starting at 6:30pm & 7pm, join us for one session of both!

## Where

The Station, 3-5 Railway Terrace  
Murray Bridge SA 5253

## Contact

For more information contact Clare from  
headspace Murray Bridge on 8531 2122

## Age

This group is for young people aged  
12 - 25 years



**Come and learn how to box 'old school' style with Jake and Ben from J&B Performance and Conditioning. This group style boxing program will get you moving and teach you how to creatively design your own exercise programs. Some group sessions will be outside on the grass and others in The Station, so bring a hat and some water and let's get ready to rumble!**

