



JABFIRST

BXN ACADEMY

**A PURPOSE DRIVEN
TRAINING PROGRAM**

At JabFirst, we teach more than Boxing.

We develop young individuals through structure,
discipline and elite fundamentals helping them
build confidence, resilience and long-term habits that
extend far beyond the ring.

DISCIPLINE • FITNESS • LEADERSHIP • PURPOSE

- SELF DEFENCE • CONFIDENCE • SKILL SET • RESILIENCE
- DISCIPLINE • FITNESS • LEADERSHIP • ACCOUNTABILITY • ATTITUDE • FOCUS
- FOCUS • EMOTIONAL RELEASE

YEARS 3-6'S ACADEMY DETAILS

START: 18th September

FINISH: 11th December

Fridays: 3:30pm – 4:30pm

12 Weeks | £102 | Music Room

To book on please contact:
jabfirstbxnacademy@gmail.com

Check us out
www.jabfirstbxnacademy.com

TRAIN WITH PURPOSE. GROW WITH DISCIPLINE.