



PERSONAL BOXING TRAINING

TRAINING	IN THE GYM	AT HOME
COST PER PAY AS YOU GO SESSION	£85	£125
BUY 10 SESSION BLOCK & GET 1 FREE	£850	£1,250
TRACK RUNNING SESSIONS	£30 p/person	N/A
GROUP SESSIONS	£30 p/person	Contact for costs*
CORPORATE BOXING TRAINING CLASSES	Contact for costs*	

*For Group Sessions at home and Corporate costs, please contact us on **+(0) 7943 578490** or contact@thesquareboxing.co.uk

24 hour cancellation policy

ALL SESSIONS TO BE PAID IN ADVANCE

10 block sessions to be used within 11 weeks



12 WEEK BOXING FITNESS EXPERIENCE PROGRAMMES

MIND CHANGER	BODY CHANGER	LIFE CHANGER
<ul style="list-style-type: none">▪ 2 X WEEKLY TRAINING SESSIONS▪ TRAINING NUTRITION PLAN▪ FULL 'THE SQUARE BOXING' TRAINING KIT (incl. gloves, wraps, t-shirt, shorts, hoodie, bottom - worth £300)	<ul style="list-style-type: none">▪ 3 x WEEKLY TRAINING SESSIONS▪ TRAINING NUTRITION PLAN▪ FULL 'THE SQUARE BOXING' TRAINING KIT (incl. gloves, wraps, t-shirt, shorts, hoodie, bottom - worth £300)	<ul style="list-style-type: none">▪ 2 x WEEKLY TRAINING SESSIONS*▪ TRAINING NUTRITION PLAN▪ 24/7 SUPPORT & QUESTIONS▪ FULL 'THE SQUARE BOXING' TRAINING KIT (incl. gloves, wraps, t-shirt, shorts, hoodie, bottom - worth £300)
£2,400	£3,000	£5,500
<p><u>For more details about each programme, please email contact@thesquareboxing.co.uk</u></p>		

24 hour cancellation policy

*Max 1 training session per day for unlimited package



“The Square Boxing Club turned my life around. In 6 months I lost the excess weight I had built over the last 7 years.”

- SENIOR VP, ARCH INSURANCE

“I trained with The Square Boxing team for 5 months prior to my last fight and without a doubt they got me in the best shape of my life. I was easily the fittest fighter on the card. Life changing experience”

- MANAGER, CITY FINANCIAL INVESTMENT

“If you’re serious about boxing, getting in shape and maybe even stepping in to the ring for a bout! There is no better place in London to go...”

- FOUNDER, MAN'S ACTION PROJECT

“My coach pushes me towards my fitness goals and technically trains me to be the best boxer I can be. If you care about being the best, this is the only place to go”

- BUSINESS PARTNER, HSBC

“Whether you’re a serious competitive boxer, or you just want to really take charge of your fitness, you won't find a better club.”

- CHEF & CATERING CONSULTANT, LONDON

“I have total faith and trust in my coach and trainer, Martin. He takes all of his accumulated experience in the ring, gym and life to teach the blueprint of boxing.”

- RECRUITMENT CONSULTANT