



BAM!

boxing
and
mindfulness

LEARN BOXING & MINDFULNESS ONLINE

HELPS YOU FEEL CALMER,
STRONGER & IN CONTROL

BOXING WORKOUT
& MIND TRAINING
WITH PRO
INSTRUCTORS
LIVESTREAMED
FROM A REAL
BOXING CLUB



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US
ON



EVERY
FRIDAY

6:00PM - 7:00PM

NO EXPERIENCE OR
EQUIPMENT NEEDED

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☎ 07787 436889 ✉ luke@mindfulpeakperformance.com



 compass wellbeing