



FREE BOXING FOR CHILDREN AND YOUNG PEOPLE IN BILBOROUGH.

nottinghamschoolofboxing.co.uk boxing@switch-up.org.uk









Every Tuesday after school, kids in Bilborough are making loads of new friends, getting fit, and becoming the best they can be.

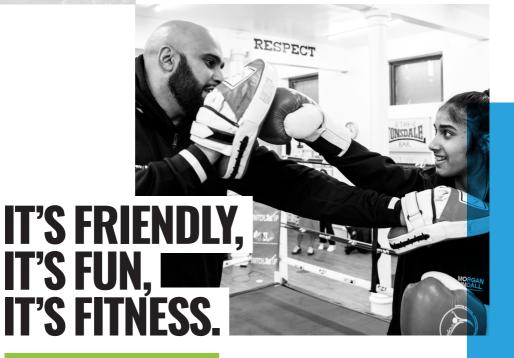
You can join them with free community classes run by Switch Up and the Nottingham School of Boxing.

Tuesdays

5-6pm for ages 6-13 6.15-7.15pm for ages 14-18

St John's Church Hall, **Graylands Road NG8 4FD** Email us to reserve your place





FREE COMMUNITY
CLASSES BROUGHT TO
YOU BY THE NOTTINGHAM
SCHOOL OF BOXING,
BUILDING CHAMPIONS
IN AND OUT OF THE RING.

BUILDING A STRONGER
BRITAIN TOGETHER



Nottingham School of Boxing brings the magic of boxing to Bilborough. It's where kids and young people can go to have fun, feel safe and let off steam. At the same time, their confidence increases along with their self-esteem, resilience, discipline and respect.

Boxing is a sport, but it's also a mindset. You learn to pick yourself up, grow from mistakes, accept defeat with grace and win with humility.