

Boxing and Fitness

Details

Description

Suitable for 11-19 year olds. The aim of this project is to empower at-risk youth in the local area to learn the arts of discipline and self-improvement using boxing as the tool, as well as to raise levels of self-esteem and increase personal confidence and self-belief, promoting social and physical wellbeing. For more information please contact Fayrus Suleman.

Date

15 August 2019

Start Time

18:00

End Time

20:00

Venue Information

Address 1

Collingwood Youth Centre

Address 2

Collingwood Street

Town

London

Postcode

E1 5RT
