

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 Emmanuel Addo

Date

15 August 2019

Start Time

16:00

End Time

19:00

Venue Information

Address 1

Columbia Youth Centre

Address 2

27 Columbia Road

Town

London

Postcode

E2 7QB
