



**BAGWELL  
ACADEMY OF  
MARTIAL ARTS**



# **CARDIO BOXING**

***Classes are Mon-Thurs 7pm-8pm***

Traditional training movements of a boxer which include sparring, shadow boxing and blows to the boxing bag.

- ❖ Monthly Membership \$110
- ❖ Drop in Fee \$12
- ❖ Group Sessions By Appointment Only
- ❖ One-on-One By Appointment Only



203-606-0098



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**JOIN NOW**



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