



**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 \$80
- ❖ Drop in Fee \$15
- ❖ Group Sessions By Appointment Only
- ❖ One-on-One By Appointment Only



203-606-0098



BAGWELL ACADEMY OF MARTIAL ARTS
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