



**JOE'S BOXING CLUB
SYDNEY**

Membership Price October 2023

Starter Pack Membership

One Class Trial \$20

28 Day Turbo Starter Pack – 28 days training includes equipment gear pack
10oz-16oz gloves, hand wraps, skipping rope, t-shirt, mouthguard - \$199

Ongoing Memberships

\$30 per week* – kids 12 years or less (max 3 classes per week)

\$45 per week* – Teens/Adults

*Memberships paid fortnightly via DD or CC – 8 week minimum 28 days' notice thereafter

Code of conduct

We are not a fitness boxing gym, we endeavour to teach proper boxing to advance your skill and self-defence capabilities and for some help you get into competition and for the very few maybe have a crack at the Olympics. Although you are not forced into anything, at some stage you will need to do sparring to develop. Sparring is mostly done in separate classes with headgear and mouthguards plus appropriate oz gloves. It is your responsibility to show proper control and speak up if your partner is not showing proper control. It is highly likely that you will get punched in the nose, winded or suffer some other minor injury in your boxing journey. Boxing is classified as a dangerous sport in the eyes of the law and therefore you must take responsibility for yourself if you have willingly participated. Please turn up to class on time as you may be turned away if late at the instructor's discretion. At times you may be paired with someone of higher skill and experience than you and sometimes lesser experience. You are expected to show respect to all your training partners regardless. Boxing is a slow burn sport so be patient with yourself and enjoy the journey.

Membership Terms and Conditions

Black Shirt Program Membership is set up for one year initially with 8 week minimum and 28 days' notice thereafter and will auto renew if the student is still training regularly on the same terms.

Children's classes are staged by age under 8 years, 8-12 years and Youth program runs from 13-17 years old but there may be an overlap from aged 17 to attend adult's classes. Active kids' vouchers are accepted toward any membership.

Please make appointment before attending first class www.joesboxing.com.au

Address: Unit 20 / 118 Queens Rd Five Dock NSW 2046 joe@joesboxing.com.au

www.joesboxing.com.au Mobile: 0418 217 244