



FLOW SPARRING

Newsletter

Level 1, Suite 108,
Norton Plaza,
55 Norton Street,
Leichhardt

HAPPY NEW YEAR

We've had a great start to the year and we have so much more planned! Monthly fights, member events, and more members graduating into the fight team.

We're so proud of the community we've built so far, and can't wait to continue everyone's training!



Flow Sparring Updates



We have the fastest growing active fight team in the country, can't wait to see all the upcoming fights this year!

Conditioning at Flow Sparring is unlike any other - going 100% non-stop. The times speak for themselves and only keep going up



January's In-house **Fight Night**

Ethan, Emilio and Jerry had some awesome rounds against Darcy, Alec and Nixon! Thanks to everyone for coming in to support the boys





Sparring/Fight Team Progress

Everyone in our development squad, sparring team, and fight team, is making incredible progress!

Access to our Internal Drive gives you access to EVERY sparring round since the start of October.

All our members can see everyone's progress and study your game!





GENERAL BUSINESS INFORMATION

NEW TIMES FOR 2026

Men's Open Mat

Mon - Fri: 10 am - 8 pm

Female-Only Classes

Mon - Fri: 6:15 am, 7:45 am, 9:15 am

Mixed Open Mat (Males and Females)

Sat: 8:00 am - 4:00 pm

Kids Boxing Classes

Mon - Fri: 3:30 pm & 4:00 pm

Sat: 9:00 am & 9:30 am

COMING UP... 2026

Monthly In-House Fights

The next fight night we're hosting will be on the 27th of February at 6:00pm.
At least 3 fights for Feb are already locked in!

Monthly Streamed Fights

Volkanovski vs. Lopes 2 on the 1st of February
Strickland vs. Hernandez on the 22nd of February
Holloway vs. Oliveira 2 on the 8th of March

Stay posted for much more!



Happy Birthday Members

**Celebrated their
Birthday this
January**

Rapha 6th

Bilal 19th

Aiya 27th

Demetrius 30th

**Missing your birthday
shout-out? Send your
DOB and name to
0456 053 672*