



Halfway through the year, as **June** comes to a close!

It is crazy to say that 40% of all our members are ready to spar.

Our signature program is paying dividends.

## What is our **Signature Program**?

Our signature program includes a syllabus that provides a clear, step-by-step guide, carefully curated to distil all aspects of boxing — footwork, technique, offence, and defence — to their most fundamental aspects. Enabling anyone from any background to not only learn how to box but be able to execute fights in line with professional ability in WEEKS not years. Don't believe us? Come check it out for yourself and let us prove it!

## **MEDIA UPDATE OF THE MONTH**

This month, we hit our 10k follower milestone on Instagram!

Thanks to all those who have followed and shown their interest in our instructional content





# FLOW SPARRING

Newsletter

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

## IN CASE YOU MISSED IT...



## In-house Sunday Sparring Session

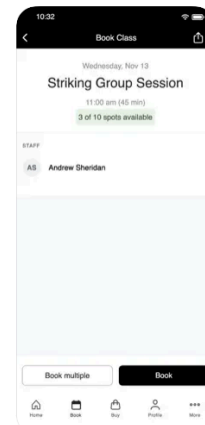
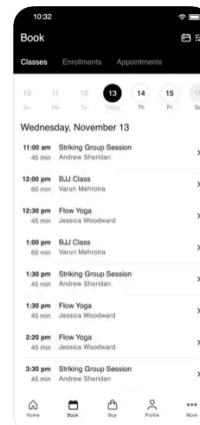


Jerry, Bash, and Coach Andrew joined the open  
sparring day with Cortex, Alexandria  
Escorted by Toby



## Flow Sparring App

Download our Flow Sparring  
App to lock in your attendance,  
update your details and check  
your progress





## GENERAL BUSINESS INFORMATION

### Schedule

#### Open Mat (14 years old +)

Weekdays 10 am - 8 pm | Weekends 10 am - 5 pm

#### Morning Classes for Females

Mon & Tue: 6:15 am, 7:45 am & 9:15 am

Sat & Sun: 7:00 am & 8:15 am

#### Kids Classes (5 years old - 12 years old)

Mon & Tue: 6:15 am, 7:45 am & 9:15 am

Sat & Sun: 7:00 am & 8:15 am

### Pricing

#### Membership

14 years old +

\$66/week Unlimited Access

#### Kids Membership

5 years old - 12 years old

\$55/ week Unlimited Access



### Happy Birthday Members

### Celebrated their Birthday this June

Jerry	Connor
Nyein	Enkush
Charbel	Tushar
Mark	Ricky

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

## COMING UP... NEXT MONTH

### 8 July - Female Boxing Classes LAUNCH

Morning Boxing Classes for Females Launch

### 19 July - Oleksandr Usyk vs. Daniel Dubois & Manny Pacquiao vs. Mario Barrios

Stay tuned for streaming boxing fights

### 25 July - Coach Adz's B-day

Coach Adz celebrates his Birthday in style with the Flow Sparring Family