



## THAT'S WILD...

We are already in the final month of 2025 as we reflect back on last month, November!



For the month, we focused on refining our Fight Team and Sparring Team's strength mechanics! Celebrating the team we have and how we have grown over the first year of business

## Flow Sparring Update

We have continued to provide rehab, strength and conditioning to our team where required and through tailored packages. To be able to continue to enhance everyone's overall experience, the massage chair is in!



Conditioning Test Times	
Adz 6:24.8 mins	Leen 8:45 mins
JOE 31.41 mins [First Attempt]	Jordan 8:44 mins 6:29 mins
TOM D 25:32 mins	Toby 8:21 mins
Theo 21:24 mins	Royce 8:10 mins Kid
Joel 18:57 mins	Jeremiah 7:17 mins
Jerome 18:45 mins	Jermy 7:07 mins
Josh 16:56 mins	Charbel 6:48 mins [First Attempt]
Bash 14:47 mins	Eric 6:15 mins
Kaia 14:05 mins	Marco 6:11 mins
Fynn 6:40 mins 12:30 mins	Justin 6:08 mins [First Attempt]
Emilio 11:44 mins	Farida 5:53 mins
Jordan A 1:40 mins	Stacy 5:28 mins
Hannah 10:41 mins [First Attempt]	Sachia 4:29 mins Kid
Ethan 10:00 mins	GEORGE 4:01 mins
Ash 9:41 mins	Nic 4:00 mins [First Attempt]
Ricky 9:19 mins	Dylan 3:48 mins Kid
Mark 9:04 mins [First Attempt]	Artie 2:48 mins Kid
	MARCUS 1:30 mins [First Attempt]

Conditioning Drill leader board is forever changing... have you ever tried to push yourself past your point of exhaustion? That's what these guys are doing and reaping the benefits

Come and enjoy a massage before and after your session  
Another Reason not to leave!



## IN CASE YOU MISSED IT...

### Mixed Boxing Sessions



It is such a pleasure to be able to create a community filled with people from all walks of life who come together, finding a common ground in their appreciation for boxing and willingness to learn the art!

### Female Only Night Out



So proud of these ladies at Flow Sparring,  
wait till you see them in the ring!





# FLOW SPARRING

Newsletter

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

## GENERAL BUSINESS INFORMATION

### Men's Open Mat

7 days a week from 10 am

Until 8 pm on weekdays and 5 pm on weekends

### Female-Only Classes

7 mornings per week

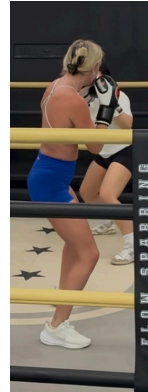
**Mon - Fri:** 6:15 am, 7:45 am, 9:15 am

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

### Kids Boxing Classes

**Tue & Thur:** 3:30 pm & 4:00 pm

**Sat & Sun:** 9:00 am & 9:30 am



## Happy Birthday Members

## Celebrated their Birthday this November

Dip 1st

Zahi 3rd

Josh 5th

Leon 11th

David 14th

Marco 18th

Bash 25th

Luke 26th

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

## COMING UP... DECEMBER

### 7 Dec - Streaming UFC 323

Watch Merab Dvalishvili face off against Petr Yan, streaming in the gym!

### 12 Dec - Fight Night in house at 7pm!

Jerome vs Coach Tom, Ethan vs Ren 2, Emilio vs Darcy, Jerry vs Tom  
Come support our boys this Friday night!

### 17 Dec - Streaming Tim Tszuyu vs Anthony Velasquez

We'll be streaming the fight between Tszuyu and Velasquez at 5:00pm in the gym

### 26 Dec - Boxing Day!

Sparring, Food, Fights & Prizes

**Holidays - The gym will be closed on the 24<sup>th</sup>, 25<sup>th</sup>, 31<sup>st</sup> of December, and 1<sup>st</sup> of January**