



FLOW SPARRING

Newsletter

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

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!



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



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



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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!



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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



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 Tszyu vs Anthony Velasquez

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

26 Dec - Boxing Day!

Sparring, Food, Fights & Prizes

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



**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*