

"Float like a butterfly, sting like a bee"  
— MUHAMMAD ALI



# BOXING

CLUB

FREE NON-CONTACT BOXING FOR BOYS AGE 8-25

**FRIDAYS 4-6PM**  
FROM **2 APR 2010**  
THE FROUD CENTRE  
1 TORONTO AVENUE  
MANOR PARK  
LONDON E12 5JF

**LOOKING TO:**  
**TONE MUSCLE**  
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**ENHANCE YOUR FITNESS LEVELS**  
LOSE EXCESS WEIGHT  
**DISCIPLINE & SELF CONTROL**  
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**SIGN UP TODAY!**



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