

JOIN US **AND**
START
A JOURNEY OF
TRANSFORMATION



Little Warriors

(Ages 8-12yrs)

This program helps children develop basic movements, balance, and coordination. Using playful martial arts games, young learners are introduced to foundational skills in an engaging and fun environment that makes fitness enjoyable.



CONTACT US
0588335965



SCAN THE QR CODE
AND FOLLOW US



ELEVATE YOUR STRENGTH,
MASTER THE ART

Fairmont

THE PALM



POWER IN UNITY

CLASS TIMINGS

MONDAY-FRIDAY

6:30AM-7:30AM
ADULT GROUP CLASS

7:30AM-8:30AM
ADULT GROUP CLASS

4:30PM-5:30PM
LITTLE WARRIORS CLASS (8-12YRS)

BXL 5:30PM-6:30PM
TEEN CLASS (13-17YRS)

7:00PM-8:00PM
ADULT GROUP CLASS

SATURDAY-SUNDAY

7:00AM-8:00AM
ADULT GROUP CLASS

8:00AM-9:00AM
ADULT GROUP CLASS

9:00AM-10:00AM
LITTLE WARRIORS (8-12YRS)

11:00AM-12:00PM
TEENS CLASS (13-17YRS)

PROGRAMS

Boxing

Choose from either one on one personal training or from our limited group class sessions to start your boxing journey.

Kickboxing

Enhance your kick boxing skill with our veteran team of coaches.

Little Warriors

Enroll your child to any of our Kids classes crafted to build skill, physical performance & confidence. Kids classes are categorized as follows; 8-12 yrs & 13-17yrs

Muay Thai

Join our Muay Thai classes to learn effective techniques and improve your fitness.

ABOUT US

At Boxlab, we are dedicated to empowering individuals through boxing and kickboxing by providing an environment where people of all ages and skill level can learn, train and grow.

