



**Daggers
BOXING**
dagenhamboxing.co.uk
DAGENHAM (PC) BOXING CLUB

BOXING TRAINING

**ALL ABILITIES
WELCOME**

📅 EVERY TUESDAY

11AM - 12.30PM ALL FEMALE SESSION

**1.30PM - 2.45PM COMMUNITY
SESSION**

FREE

★SIGN UP★ Email
p251041@met.police.uk

ALL WELCOME

- ✓ Professional & Experienced Trainers
- ✓ Training equipment
- ✓ Improve fitness
- ✓ Improve mental wellbeing
- ✓ Weight loss



**METROPOLITAN
POLICE**

DAGENHAM BOXING CLUB
222 Heathway, Dagenham, RM10 8QS