



Paul Rose & his team run the RBC (*Rose Boxing Club*). A Premium Boxing Club proudly operating out of Paul's Fitness Centre TTF, specializing in teaching the "Gentlemans Sport" of Boxing. Focused on technique & the application of correct strategy, Paul will teach you to make the right move at just the right time. No expectations of contact or competition, you can comfortably enjoy the many benefits of boxing without pressure. Strength & Conditioning (S/C) of the sport is also provided.

Coaching over 400 fights across Australia at the highest level, Paul is a former open elite dual state champion, across two divisions, State Captain, international Australian representative, 2 x State Coach & 1 x State Manager. Everyone is welcome, our current demographic are males between 30 & 55yo.

## DETAILS

RBC operate "**Pulse Programs**" 6 weeks on, 1 week off. Dates online. RBC also randomly travel's to other clubs for **Interclub Sparring** as needed which will be advised ahead. Personal Training is a requirement to attend interclub & registration fees may apply.

### Torrensville

Mon & Wed 6am (60min skills + optional S/C)

### Somerton Park

Tues & Thurs 6am (60min skills + optional S/C)

### Personal Training

Single Session \$95ph

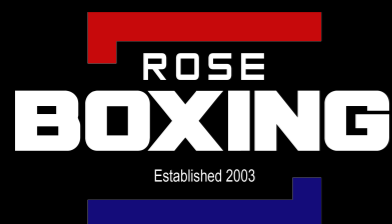
1on1, 6 x 60min pack \$80ph (\$480)

2on1, 6 x 60min pack \$100ph (\$600)

Sporting Clubs & workplace trainings available.

**Classes:** Non-Members \$25ea | Members \$15ea | First session is free.

**Bookings:** Online only & no walk-in's. For first session, please call Paul.



**Proudly Located inside of TTF**

Paul 0435 269 012 | [paul@ttfkickboxing.com](mailto:paul@ttfkickboxing.com)

Torrensville 233A Henley Beach Rd | Somerton Park 230 Brighton Rd

