



WELCOME TO BERKO BOX.

A safe, friendly, positive place for adults and children to learn the art of boxing. We're proud to be the first club in town with a full competition ring. *Kapow!*

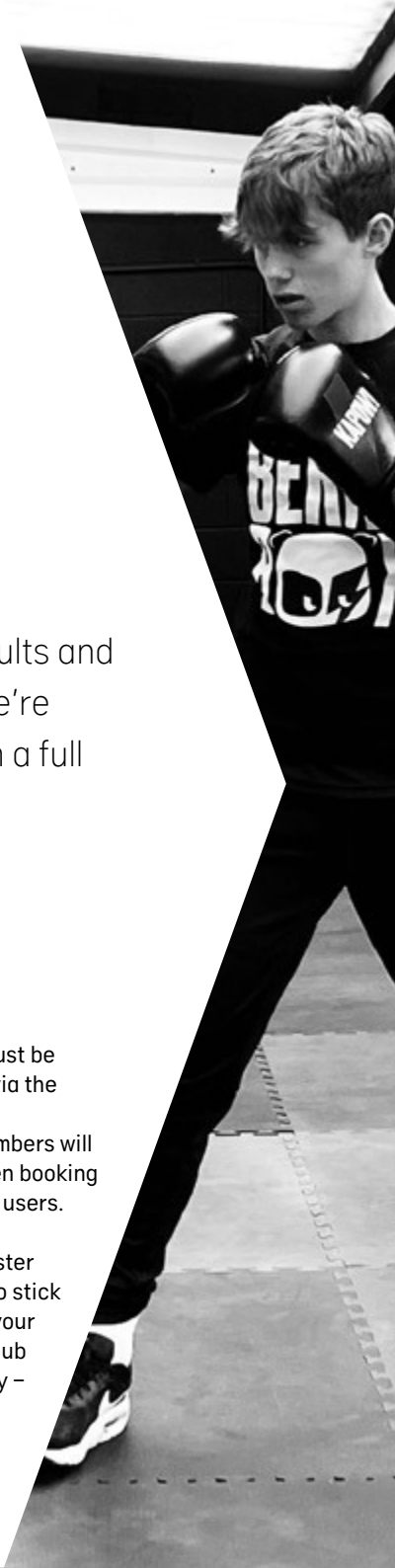
GYM RULES

Footwear no outdoor or muddy trainers to be worn on the mats or in the ring – barefoot or boxing boots only please.

Parents & carers kids classes are drop off only. Please be on time when dropping kids off, and collect promptly at the end of each session. (Warehouse pizza is just at the end of the road if you want to grab a coffee.)

Booking sessions must be booked in advance via the online booking system. Members will get a head start when booking sessions, over PAYG users.

Kit if you love our taster sessions and want to stick around, you'll need your own kit. Berko Box club kit is available to buy – just ask.



PRICING

taster sessions + pay as you go



Kids & Teens

£10 /
session



Adults

£10 /
session

OPENING OFFER –
Buy a block of 10 sessions
and add one on us.

Please note: Members will
be able to book sessions
before PAYG users.

membership options



Kids & Teen

8 sessions per month
£67 monthly
£670 12 months upfront
16 sessions per month
£97 monthly
£970 12 months upfront



Adults

8 sessions per month
£97 monthly
£970 12 months upfront
16 sessions per month
£147 monthly
£1470 12 months upfront

BERKO BOX SESSIONS

Monday

17:00–17:45 Kids MMA
18:00–19:00 Teen MMA
19:15–20:30 Adult MMA

Tuesday

17:00–17:45 Kids BOX
18:00–19:00 Teen BOX
19:15–20:30 Adult BOX

Wednesday

17:00–17:45 Kids MMA
18:00–19:00 Teen MMA
19:15–20:30 Adult MMA

Tuesday

17:00–17:45 Kids BOX
18:00–19:00 Teen BOX
19:15–20:30 Adult BOX

BERKOBX.CO.UK

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Email
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Socials
[@berko.box](https://www.facebook.com/berko.box)

WHAT'S IN THE BOX.

NO SAWDUST
 X
 NO INTIMIDATING
 ATMOSPHERE

Our state-of-the-art facility is run by expert coaches with years of experience in and out of the ring.

We offer boxing and mixed martial arts at all levels. We'll help you learn key principles of the sports, such as discipline and respect. You do not have to be training for a competitive event in order to train at Berko Box; you can simply turn up, train, learn, and enjoy.

We believe boxing is the ultimate workout to increase fitness, boost self-esteem, feel empowered and of course... it's kick-ass.

MMA Striking

The ultimate combination of martial arts drawing from kick-boxing, Muay Thai, taekwondo and wrestling.

What to expect: learn to punch / kick / knee / elbow, getting a full body workout.

BOX

Learn footwork, padwork and how to defend and attack. Perfect for those who want to get in the ring, or those who would like to learn the art without getting a black eye.

Session setup: warm up, fun & games, technique, skill based, game finisher.

What to expect: combination of fitness/conditioning and boxing skills/technique.

age GROUPS

KIDS

...
 8–12
 yrs

TEEN

...
 13–16
 yrs

ADULT

...
 17+
 yrs