

Leo Berry's Club Training

Written by Administrator

Thursday, 22 July 2010 12:30 - Last Updated Wednesday, 22 February 2017 12:31

The Iconic Leo Berry's Gym - Richmond Boxing Club Inc. has been involved in training both professional and amateur Sporting teams and clubs for many years. Our sessions can be designed to accommodate any sporting endeavor and have a huge emphasis on team building. The circuits are generally boxing based (bags, pads, skipping, exercises etc.) however they can include other activities such as weights, cross-fit and running. We will provide you with boxing gloves (although better to bring your own if you have them).

They are a wonderful way of delivering an alternative training method and can help break up your normal training routine.

We run lots of sessions for teams and clubs annually and each year the demand for our sessions continue to increase, a good sign that we are delivering a fantastic alternative fitness experience.

Some examples of our participating clubs have been:

Professional Teams and Clubs

Richmond Football Club, Collingwood Football Club, Essendon Football Club, Melbourne Football Club, Western Bulldogs Football Club, Carlton Football Club, Hawthorn Football Club, St Kilda Football Club.



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Amateur Teams or Clubs

Collegians, De La Salle OC, Emmaus St Leo's OC AFC, Fitzroy Reds AFC, Hawthorn AFC, Kew AFC, Marcellin OC, Mazenod OC, Melbourne High School Old Boys FC, Monash Blues, Old Brighton Grammarians, Old Camberwell Grammarians, Old Carey Grammarians, Old Geelong, Old Ivanhoe Grammarians, Old Melbournians, Old Mentonians, Old Scotch, Old Trinity, Old Xaverians, Prahran AFC, Richmond Central AFC, St Bede's/Mentone Tigers AFC, St Kevin's Old Boys.

Other Sporting Clubs

Clifton Hill Soccer Club, Richmond Union Cricket Club, Powerhouse Hockey Club
South Yarra Soccer club, Springvale Soccer Club.

Whether its football, Soccer, Cricket, Netball, Basketball or any sporting club, The Richmond boxing club can help you with your team training.

Bookings in advance are essential for the sessions.

For further information regarding club training please call **Brad Berry** on **0412 742 645** or email bberry@richmondboxing.com.au