



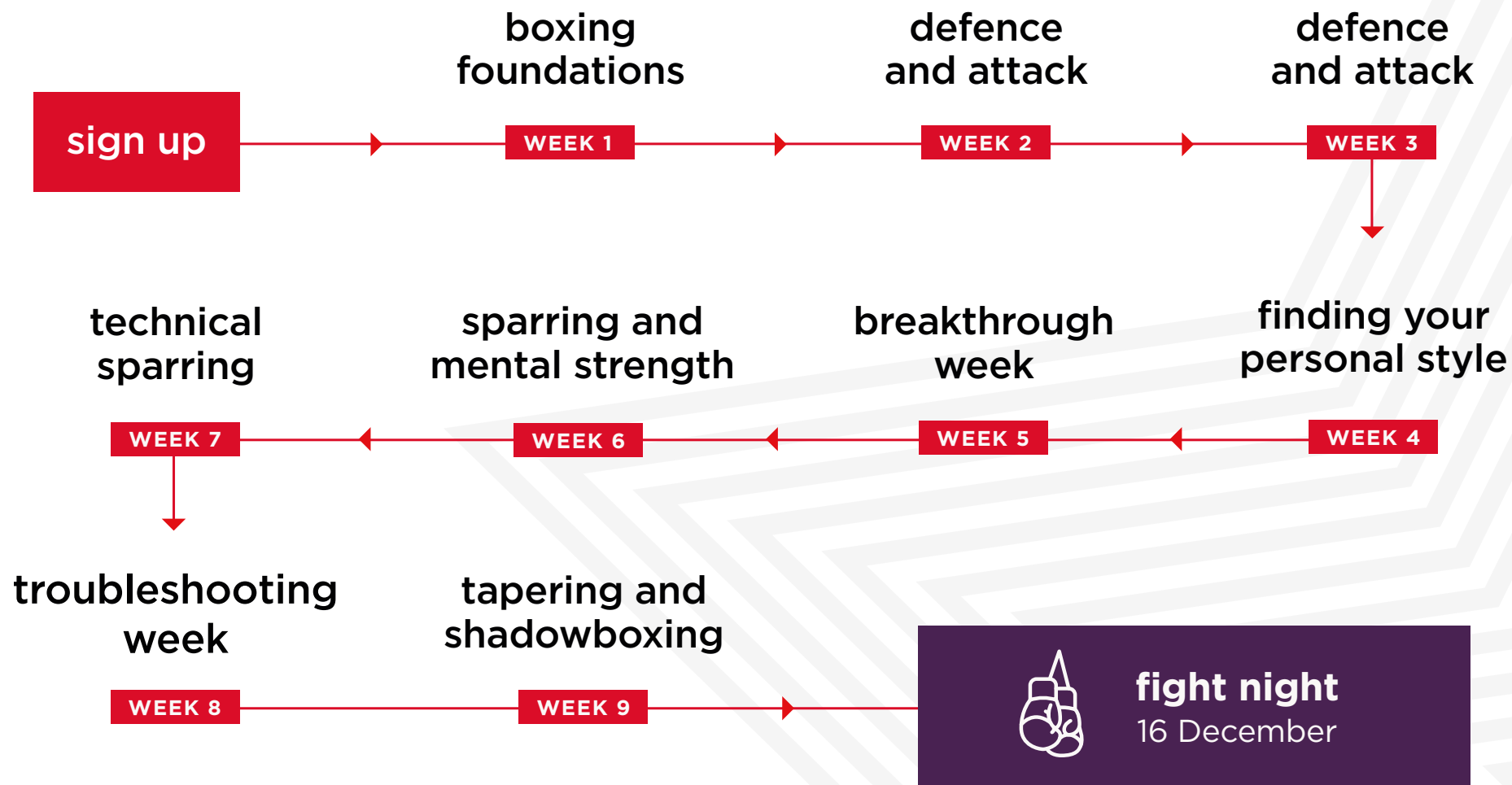
# thanks for your interest in Contender Boxing at Virgin Active

We've joined forces with The Big Fight, an industry leader in boxing training and events to bring you our 9-week Contender Boxing programme. Whether you're an experienced boxer or have never put on a pair of boxing gloves, we'll have you fight ready in no time.

*Virgin*  
active

This is an exclusive opportunity to experience a real fight camp in the comfort and safety of our own gyms - with the very best partners supporting your journey.

**Each training session will focus on different areas to prepare you for the big event...**



# is Contender Boxing for you?



## What is Contender Boxing?

Contender Boxing is an 9 week training programme that ends with a professionally produced boxing match.

On fight night, rounds are two minutes long and there are three rounds per fight.

Participants will wear gloves, (open face) head guards and mouth guards.

## Is there a cost?

There is a sign-up fee of £50 (Fee) payable to join the programme.

You will also need pay a £50 deposit at your first training session. This £50 will be refunded to you after your fight if you sell the minimum amount of tickets (see page 6).

In addition you may also need to buy your own protective gear but we'll let you know a little more on what you'll need once you have signed up. The additional items could be £100 or more, depending on your requirements.

## I've never boxed, can I take part?

Yes! You don't need any prior boxing experience and we encourage all abilities to take part.

Participants will be matched with an opponent of similar ability, weight and fitness level to ensure a fair contest.

## Contender Journeys

Watch our previous fighters as they train and prepare for the big day.

[Khan's story](#) [Emily's story](#)



## Where and when is Fight Night?

**Training starts:** 10 October 2023

**Where?** Virgin Active Kensington

**Days:** Tuesday and Thursday, 19:00 - 20:00

**Fight night:** 16 December 2023, 17:00 - 23:00

**Where:** St Andrew's Centre, Pimlico

**Chosen charity:** [The Grenfell Foundation](#)

You'll need to be available to train at two sessions per week, for one hour on weekday evenings for the whole training programme.

If you can't make this event, we plan more events throughout the year across the country.

## What if my home club isn't hosting training sessions?

If you're not a member of the training club, or your home club isn't in the same tier, we will give you access during your training.

### **Who do I train with?**

You'll be under the highly experienced eyes of professional boxing coaches from the Jon Durrant training team, including David Martin, Masood Abdullah, Rafat Sai and head coach Jon Durrant himself.

### **Can my friends sign up?**

Contender Boxing training is exclusively for Virgin Active members so if your friend has a membership with us, they can sign up. If not, they'll need to become a member first.

### **What if I get sick or injured?**

Before you start training, you'll also be required to sign a waiver, accepting the risks you're taking by signing up to the boxing event.

If you're unable to fight due to illness or injury, we won't be able to refund your £50 fee.

This fee covers any expenses incurred by Virgin Active and The Big Fight in the lead up to training or any training completed.

**For extra protection, we'd recommend taking out insurance.**

### **What if I miss sessions?**

It's important to attend all sessions so our instructors feel confident that you're progressing towards fight night and are training correctly.

If you miss three or more sessions, you may not be able to fight in the event. This is at the discretion of our coaches.

### **What kit do I need?**

As part of your signup fee, you'll receive a tank top for fight night.

You'll need to purchase sparring 16oz gloves and headgear prior to week three.

We'll provide you with a list of essential kit, suppliers and a discount code to purchase these for yourself.

If you have your own kit that our trainers feel is safe for sparring use, you can use that too.

## Who will I fight?

The Big Fight will spend the final three weeks of training analysing participants.

Participants will be matched on weight and experience.

You're likely to fight someone from The Big Fight's pool of recreational fighters.

Under no circumstances will you fight a professional or even an amateur boxer.

As a last resort, if it is impossible to match you safely, you may have to fight in a future match.

With safety at the forefront, we will do everything to ensure you fight in the boxing match that you've signed up to.

## Selling tickets and raising money

Participants are required to sell a minimum of 10 tickets to people who will support you on fight night.

Proceeds will go directly to The Big Fight - details will be outlined on your first training session.

By taking part, contestants also pledge to raise a minimum of £50 for a chosen charity via a designated fundraising page, which is personalised by each fighter.

## What if I do not sell all of my tickets?

You may not be able to take part in the event.

The money you raise from tickets covers the costs of your training and fight night (including medics, referees, venue hire and insurance).



**Sound good?**

[Register your interest in the  
Contender Boxing programme here.](#)

**We'll see you in the ring.**