



BXR[®]

MEMBERSHIP BROCHURE



BXR London is the world's first boutique boxing gym located in Marylebone, W1.

This state of the art fitness facility offers the highest level of professional boxing training, the latest group class concepts, top of the range gym equipment, a club lounge and a rehabilitation centre.

The BXR team comprises a select group of elite trainers including London's most respected boxing coaches, ex-champion boxers and world-class strength & conditioning coaches.

TRAIN LIKE A CHAMPION

Based on Chiltern Street in the heart of Marylebone, a short walk from Chiltern Firehouse, the club spans 12,000 sq ft across ground and basement floors.

The slick and industrial design of BXR's interiors was conceptualised by designers Marie Soliman and Albin Berglund of Bergman-Interiors to emphasise the unique and soulful concept of the brand.



BXR COACHES

BXR is founded upon a belief in the importance of specialised training when striving to achieve personal fitness goals, as a result we've placed emphasis on recruiting the best talent from London's fitness scene. Our expert Team of specialised Strength & Conditioning coaches all have Msc qualifications in sports science, whilst our Combat Team comprises of professional fighters across boxing, kick boxing and Muay Thai.



STRENGTH & CONDITIONING COACHING OR COMBAT COACHING

TIER 1

- Single Session: £105
- Middleweight Package x12 sessions: £1160 (£96.67 per session)
- Heavyweight Package x 24 sessions: £2160 (£90 per session)

PERSONAL TRAINING OR COMBAT COACHING

TIER 2

- Single Session: £85
- Middleweight Package (12 sessions): £930 (£77.50 per session)
- Heavyweight Package (24 sessions): £1,800 (£75.00 per session)





BXR CLASS SCHEDULE

Our members have exclusive, complimentary access to technique-focused combat classes which are held upstairs on the gym floor. The classes are taught by a team of professional fighters and are designed to improve the all-round skill and fitness of regular participants.



MEMBERS ONLY GROUND FLOOR GYM

Our 4,000 sq ft state of the art, members only gym comprises 5 distinct training zones, which include:

Cardio Conditioning

The latest model treadmills, cross trainers from TechnoGym, Watt bikes, state-of-the-art Skill Mill and Air Assault Bike

Functional Training

Bulldog Rig, 12 meter track with sledge, Keiser Infinity trainer, TRX and kettle bells

Boxing

A professional size boxing ring and 7 vintage punch bags

Free Weights

Keiser Elite Performance zone and Eleiko

Fixed Weights

Hammer Strength and Life Fitness



LOWER GROUND FLOOR

State-of-the-art male and female changing facilities
Steam, sauna and ice basin
Spacious lockers (annual rental available on request)
BXR Rehabilitation Clinic
SWEAT by BXR studios
BXR Club Lounge by Joe & The Juice
BXR activewear

SWEAT BY BXR

'SWEAT by BXR' is our pay-to-train boutique fitness concept and is focused on the three main pillars of athletic training: Skills, Strength & Conditioning and Cardio, each with a dedicated training studio.

Classes have been designed to create, develop and maintain the foundations required by a professional athlete. Whilst strongly focused on the latest sports science, they are also fun, motivational and results driven.

Members of BXR receive a 50% discount on Sweat classes.





BXR CLINIC

The BXR Rehabilitation Clinic, powered by The Centre for Health and Human Performance, comprises three treatment rooms which are operated by top sports medicine professionals. The range of sports science and sports medical services include physiotherapy, osteopathy and sports massage, each of which can be seamlessly integrated into your personal fitness programme. Members of BXR receive an exclusive 10% discount on all treatments.

“CHHP is a fully medically certified practice on Harley Street with a vision of bringing Olympic medical & sport science to the general population...”

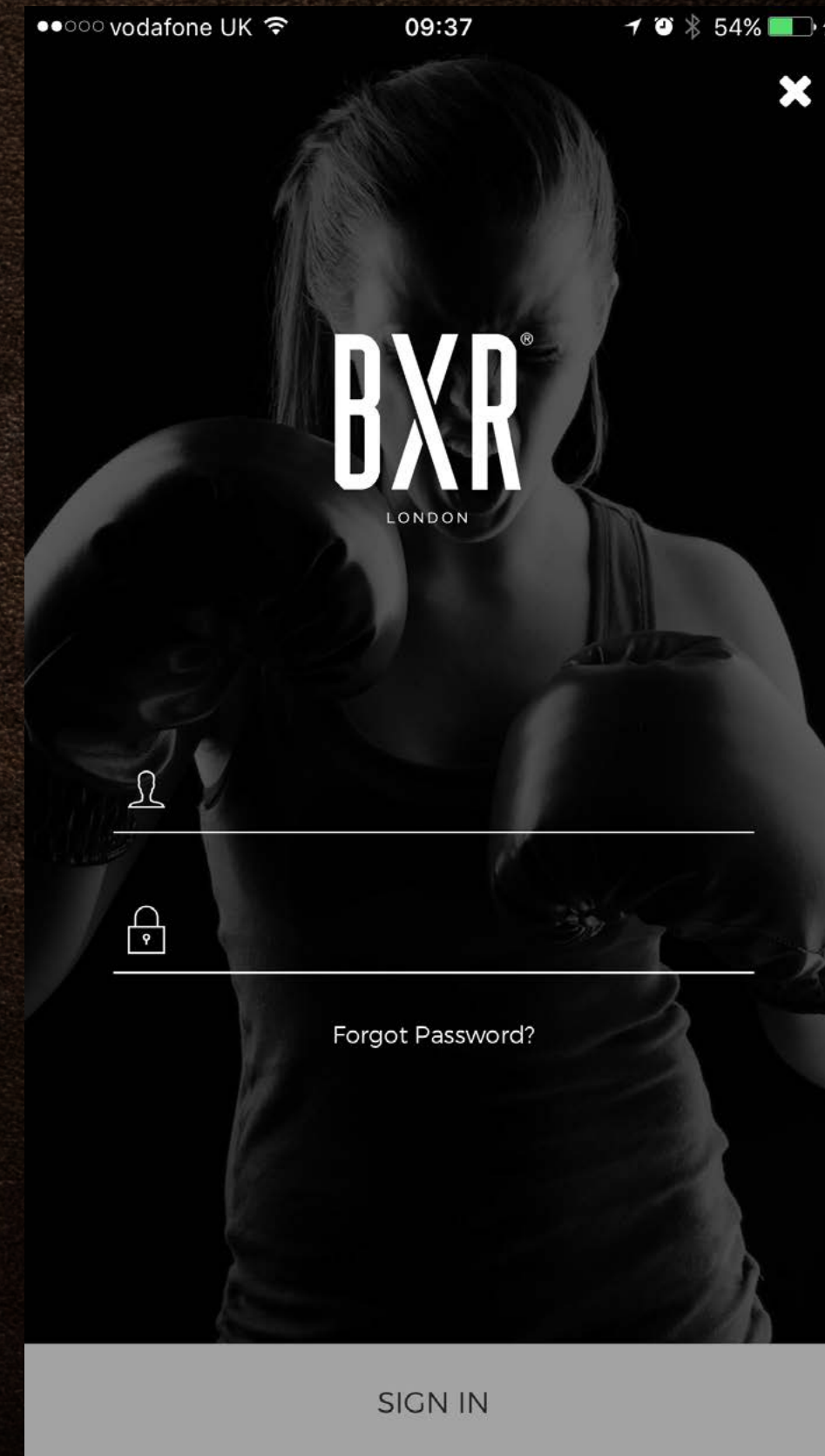
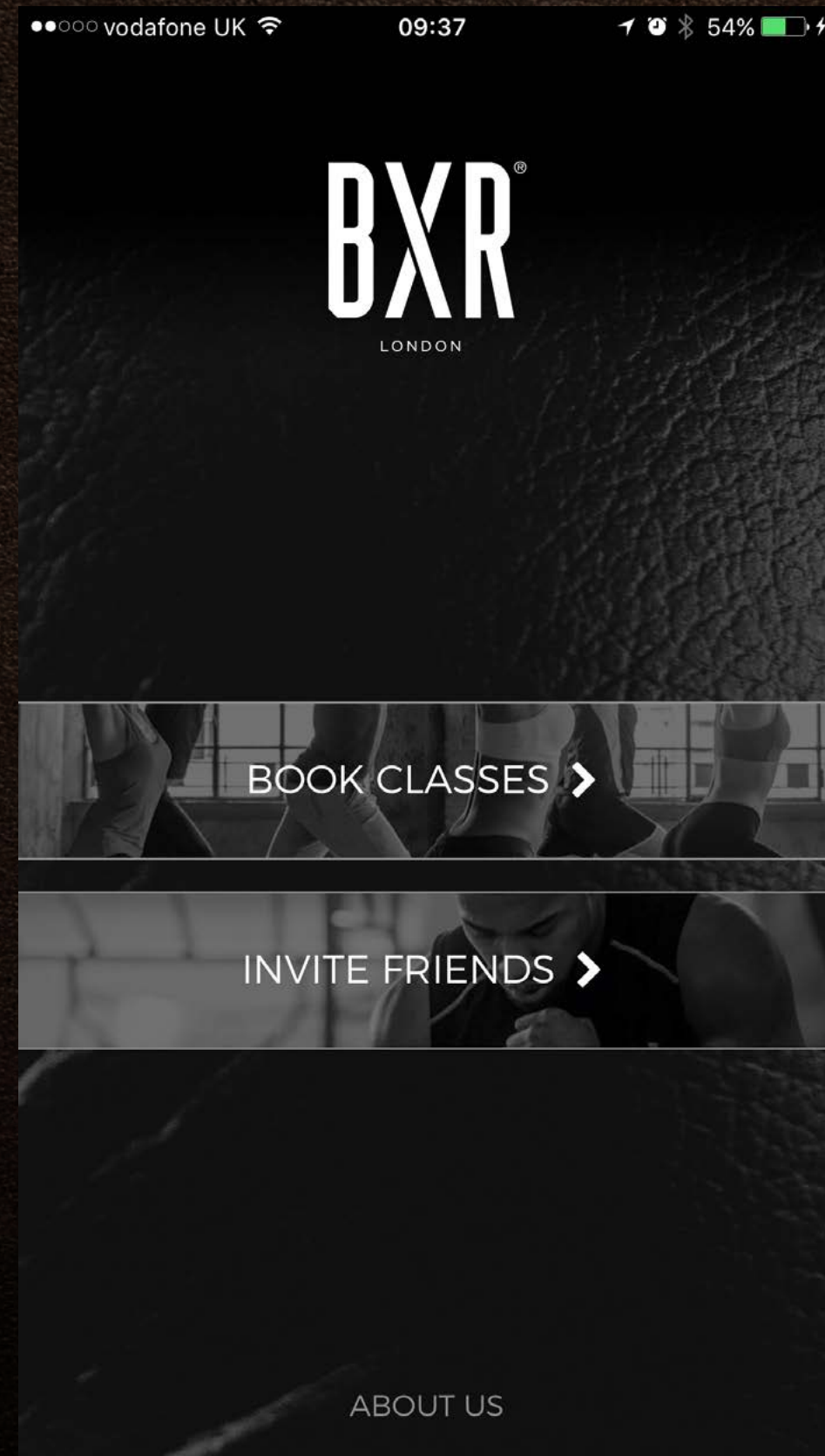


CLUB LOUNGE BY JOE & THE JUICE

The Club Lounge is the perfect place to relax pre or post workout. Adopt the fighting mind-set whilst soaking up the collection of classic fights that are screened throughout the day, otherwise unwind to an upbeat playlist curated by our team of Juicers.

Selcuk Yildirim, the global nutritionist at Joe & The Juice, has developed a nutritionally complete menu, including shakes, juices and snacks designed to optimise your workout.



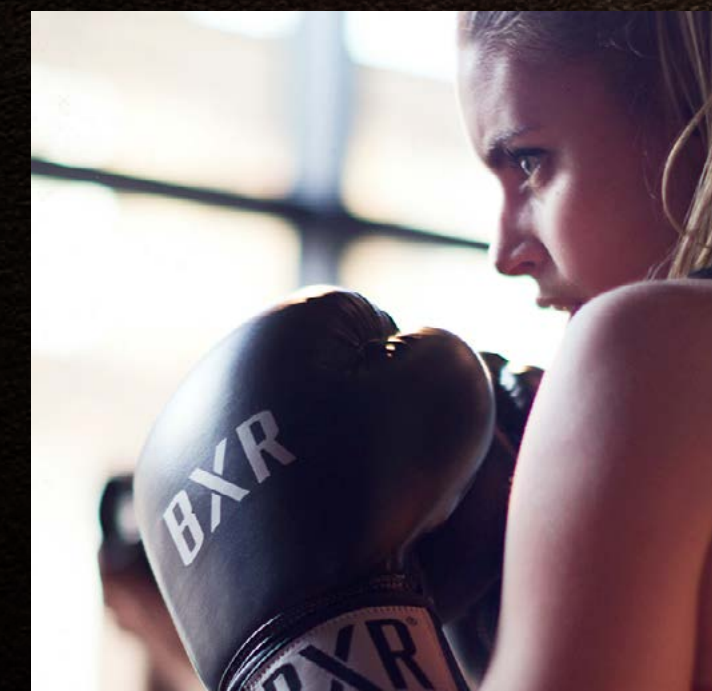


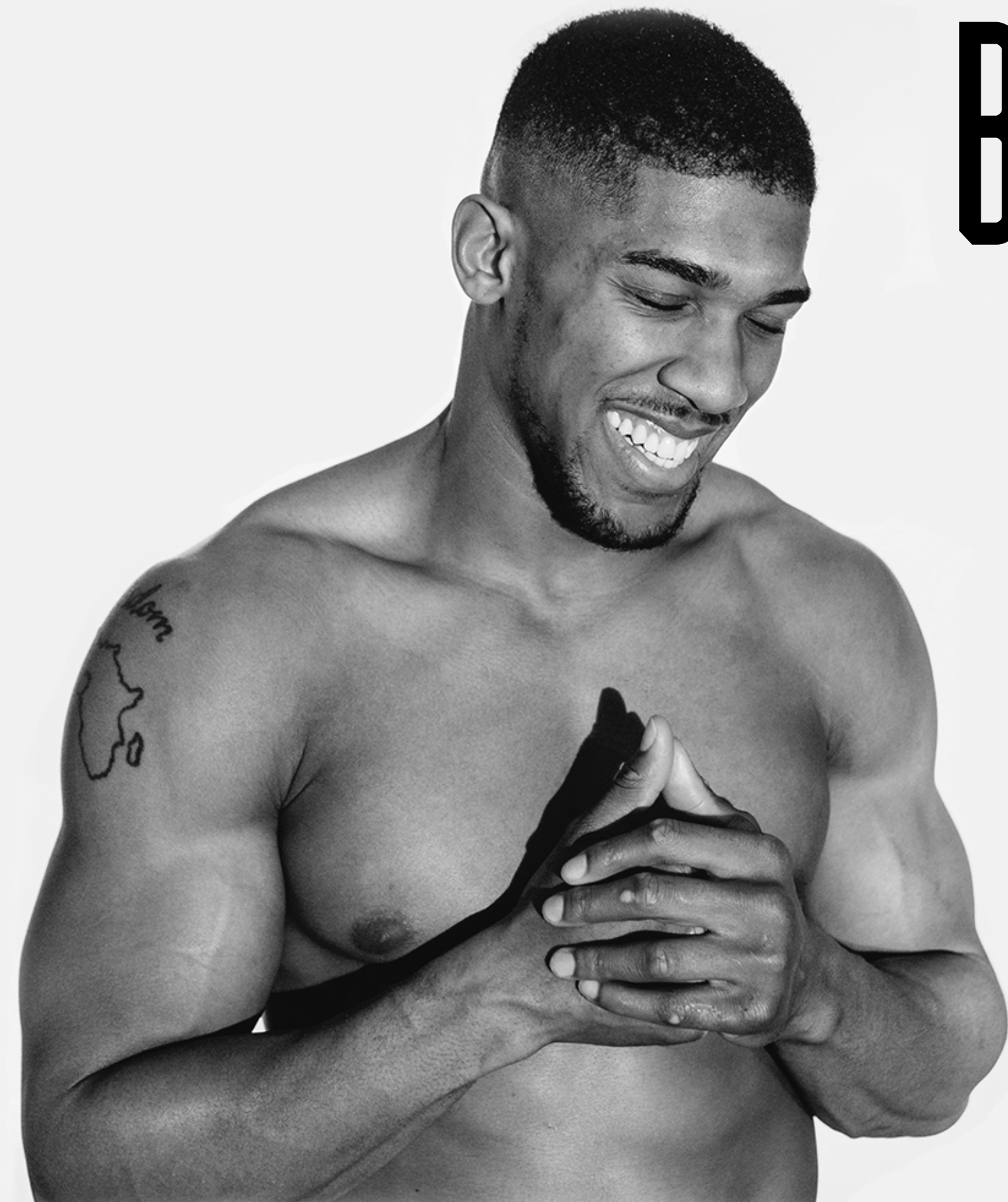
BXR APP

BXR's bespoke app has been designed to provide the smoothest client experience possible. Members can book classes, PTs and BXR Clinic appointments at the click of a button. The app also provides a convenient means of updating personal details, checking upcoming bookings and reviewing membership status.

BXR WEAR

BXR offers its own activewear line as well as a full range of boxing accessories including wraps, gloves and protective gear from top international brands, available to purchase from our retail store at Reception.





BXR[®]
LONDON

ANTHONY JOSHUA

We're proud to have IBF World Heavy Weight Champion, Anthony Joshua as one of our Partners at BXR. Anthony has worked closely with our Team to curate the finest holistic fitness team in London, making BXR a hub for white-collar and amateur fighters as well as professional athletes.

BXR + SWEAT MEMBERSHIP

- 12 month membership
- Complimentary classes on the Member's floor
- Complimentary classes in all SWEAT Studios
- 10% discount in the BXR Clinic

FULL MEMBERSHIP

- 12 month membership
- Complimentary classes on the Member's floor
- Exclusive pack of SWEAT by BXR classes
- 10% discount in the BXR Clinic

INTERNATIONAL MEMBERSHIP

- 30 visits per year
- Complimentary classes on the Member's floor
- Exclusive pack of SWEAT by BXR classes
- Member rates on additional SWEAT classes
- 10% discount in the BXR Clinic

STUDENT MEMBERSHIP

- Monthly Membership (Can cancel after 3 months) (Valid Student ID required)
- Exclusive pack of SWEAT by BXR classes
- Complimentary classes on the Member's floor
- 10% discount in the BXR Clinic

OFF-PEAK MEMBERSHIP*

- 12 month membership
- Complimentary classes on the Member's floor during off-peak hours*
- 10% discount in the BXR Clinic

*Access: Monday-Friday 9.30-17.00 Saturday & Sunday 14.00-close

CORPORATE MEMBERSHIP

- Bespoke Membership rates available on request

For further details please contact the membership team on membership@bxrlondon.com





CONTACT

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