

WHAT'S GOING ON AT EMPIRE FIGHTING CHANCE EACH WEEKDAY

We're fighting back against Covid-19 and have responded to what young people are telling us they need. Our range of support options help build young people's physical health and mental resilience during this difficult period. Keep fit, learn new skills and discover new possibilities for the future, so we can come out of this even stronger!

All our services are FREE during this period. To book onto any of the sessions, call the team on 0117 4523333, email info@empirefightingchance.org, or send us a message on social media.

Boxing and Mentoring (age 10+)

Our coaches are online offering 1-1 workouts combined with intensive personal support.

School hub support

Our excellent coaches are going above and beyond by working with young people face to face who are still attending school whilst social distancing.

Online group boxfit sessions

Join us for a virtual junior group boxfit session!

Family boxfit sessions

Get the whole family moving with a boxfit session with one of our coaches.

Hello Future Careers Mentoring (age 13+)

Our Careers Coach will help you discover your passions, skills, career options and mini-goals to get you there – all while keeping fit!

Education Support (Yr7+)

1-1 remote support to motivate students to complete schoolwork and remain engaged with learning, plus our AQA awards for Personal Development.

ASDAN Sports & Fitness short course (age 13+)

Our virtual Sports and Fitness qualification to do from home. 4 hours of exercise, 2 fun research projects, and a certificate to put on your personal statement or CV!

Online Content hub

Resources, activities and workouts to help you keep fit and engaged.

HEAD OVERLEAF FOR MORE DETAIL ON OUR VIRTUAL TIMETABLE »



VIRTUAL TIMETABLE

Monday - 10AM
30 Minute Boxfit

Tuesday - 10AM
Live Workout

Tuesday - 1PM
Careers Q&A

Wednesday - All day
Coaches Challenge

Wednesday - 3PM
Coach Q&A

Thursday - 9AM-12PM
Virtual drop in
Ask us anything!

Thursday - 5PM
Live workout

Friday - 10AM
Friday Forum

MONDAY - 10AM: Virtual Boxfit - Zoom Video Conferencing

Join us for a weekly boxfit session using Zoom, a great way to start your week off with a positive 30minute routine - tailored for all fitness levels. Grab a bottle of water and some space at home or outside, and get ready to sweat.

All you need to do is download the Zoom app, then our team will send you a link to the virtual session via email, WhatsApp or text message. Use the contact details above to book in!

TUESDAY - 10AM: Live Workout - YouTube Live / Instagram Live

Join our coaches as they take you through a weekly live workout. Our workouts are suitable for all fitness levels. We will showcase a full version and a modified, easier version of all your favourite exercises. Grab your water and get ready for our livestream at 10AM sharp on YouTube Live and Instagram Live.

TUESDAY - 1PM: Careers Q&A Session - Instagram

Careers Coach Aaron will answer all your questions on Instagram from 1PM every Tuesday. We're on hand to help you through this uncertain time, when there are lots of young people who might be struggling to get a job or worried about how their career prospects will be affected. Send us your questions using contact details above.

WEDNESDAY - All Day: Coaches Challenge - Instagram

We'll be setting a choice of challenges for our coaches to tackle online - they put you through your paces and now it's time to get your own back! Always wanted to play coach and get your mentor to take on 50 squats? Maybe Matt should try 100 of those mountain climbers he's always challenging you to do?

We'll share options for you to vote on each Wednesday morning on Instagram, and the coaches will share their videos of them taking on the challenge with the most votes!

WEDNESDAY 3PM: Coach Q&A - Instagram

Following on from the coaches challenge, our coaches will be discussing some of the key issues that young people have been facing, and answering questions about any topic. Our community is there for all to support each other, and this is a great opportunity to seek further advice anonymously and share knowledge!

Contact us with your questions, and we'll do our best to answer!

THURSDAY - All Day: Virtual Drop In - Instagram

Join us for a personal development workshop, where we discuss mental/physical well-being. Based on our 'Training with the Champions' programme, you'll learn about Gratitude, Kindness, Action Not Outcome, The Magic of Mini-Goals and other ways to help better manage your mood and mentality.

We'll also cover subjects like cutting-edge workout routines and exercises, nutrition advice, because healthy body = healthy mind! Ask us your questions on social media and we'll come back to you.

THURSDAY 5PM: Live Workout - YouTube Live / Instagram Live

Coaches Jamie and Sara will be taking you through their already popular live workout, mixing it up each week. No need to book, just look out for the YouTube Live / Instagram Live links on our social media channels, and get ready for a fun and challenging workout!

FRIDAY - All Day: Friday Forum - Twitter

Friday Forum is our boxing focused Twitter takeover from our Head of Business Development and #Breaking-DownBoxing host Jamie Parry. He's talked you through boxing technique over the last few weeks, and now's your chance to have a conversation around anything boxing related. Who was your favourite boxer? What was their best fight? Who would you have loved to see matched up against each other?

We'll be setting you challenges throughout the day as well, so make sure your eyes are peeled on our Twitter feed!