

Sport & Outdoor

Activity

- Bowling (8)
- Cricket (7)
- Diving (17)
- Fishing (19)
- Football (20)
- Golf (14)
- Martial arts (13)
- Rugby & Gaelic (13)
- Tours (11)
- Waterskiing (6)
- Windsurfing (8)

[See all activities](#)

Good for

- Adventure (38)
- Coaching (37)
- Families (40)
- Fitness (62)
- Groups (45)
- Inside (22)
- Outside (63)
- Relaxing (37)
- Speed demons (11)
- Tourists (51)
- Waterside (17)

Area

- Academic City (2)
- Al Barsha (1)
- Al Quoz (22)
- Arabian Ranches (5)
- Barsha (9)
- Bur Dubai (9)
- Business Bay (3)
- Deira (18)
- DIFC (1)
- Discovery Gardens (1)
- Downtown Dubai (8)
- Dubai Investments Park (2)
- Dubai Marina (48)
- Dubai Media City (1)
- Dubailand (19)
- Emirates Hills (10)
- Festival City (6)
- Garhoud (10)
- Ghantoot (2)
- Ghusais (5)
- Hatta (1)
- International City (6)
- Jadaf (3)
- Jebel Ali (14)
- Jumeirah (50)
- Jumeirah Lakes Towers (5)
- Karama (5)
- Mirdif (8)
- Motor City (1)
- Nad Al Sheba (6)
- Others (138)
- Oud Metha (20)
- Palm Jumeirah (12)
- Rashidiya (3)
- Satwa (3)
- Sheikh Zayed Road (23)
- TECOM (2)

Boxing fitness in Dubai

Some of the best places to don gloves and square up around town Discuss this article



Picture 1 of 2

As Thursday Night Fight Nights arrive in the emirate bringing live professional boxing back to the city, we take a look at some of the best places to don gloves and square up around town.

Boxing is a great way to work out, burn calories and relieve stress. What's more, you don't have to be the next Nicola Adams or Manny Pacquiao to get in the ring. With Dubai's gyms full of boxing-themed classes to help you get involved, the city's appetite for the sport is growing. Launching this week, a new monthly event Thursday Night Fight Nights at Emirates Golf Club, will bring big-name fighters such as former IBF world heavyweight champion Francois Botha to the emirate to inspire people to take up the sport. Want in? Here's where you can get a piece of the action around town.

Multiclub

Take your sparring outside with a Fit Boxing cardio class. The sessions here involve work on the pads, in the ring, and with a professional boxing coach. The gym's Fit Boxing HITT classes give you a full-body workout in one hour. Small class numbers keep sessions attentive as you hit the pads.

Dhs60 per class for non-members, Dhs50 per class for members. Daily except Friday. 7am-10pm. Multiclub, Al Shatha Tower, Dubai Media City, www.multiclub.ae (04 452 3388).

Fit Boys Gym

Owned by local boxer Milad Saadati, Fit Boys Gym is a dedicated boxing and martial arts centre with a crew of professional boxers to help you get fighting fit. You don't have to be competing to train here, but there is a full-size ring and plenty of equipment to ensure you develop your boxing technique. Despite its name, the gym is open to girls, too.

Dhs60 per class. Daily. 6.30am-8pm. Fit Boys Gym JLT, Red Diamond Building, Jumeirah Lakes Towers, www.fitboysgym.com (04 434 3661).

EMD Fitness

Founded by the UAE's first ever professional boxer, Eisa Al Dah, EMD covers the whole spectrum of boxing, from technique to fitness and footwork. Classes incorporate cardio work and technical sessions. The gym also has a boxing programme for kids aged six-15.

Dhs100 per session, free for members. Sun-Thu 6pm-7pm, 7pm-8pm. EMD Fitness, Sunset Mall, Jumeirah Beach Road, www.emdfitness.com (04 338 4001).

Round 10 Boxing Club

Work on your jab at a Round 10 session, an innovative group class using 24 heavy boxing bags suspended from the ceiling. The class works punches, drills and also includes a kettlebell segment. The gym caters to



The Gardens (2)

Umm Suqeim (9)

Zaabeel (2)

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fighters who want to perfect their punch.

Dhs100 per class, boxing technique Dhs50. Sat-Thu. 5.30am-7.30pm.

Round 10 Boxing Club, Al Quoz, www.round10boxing.com (04 338 0101).

Dubai Martial ArtsAcademy

Boxing enthusiasts can train, spar and have dietary consultations here.

The gym is open to all abilities and if your kid is shaping up to be the next Amir Khan, you can sign them up for group and individual sessions.

Dhs70 group class. Dhs300 professional training. Sun-Thu 6pm. Dubai

Martial Arts Academy,

Al Barsha 1, www.fightacademy.ae (04 420 7902).

By Benita Adesuyan

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