

# Brass Boxing & Fitness

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318 w. 79th st, kansas City, MO, 64114

Phone: 18165036998

Overview Brass Boxing & Fitness as well as the Brass Jiu-Jitsu, provides a unique family fitness facility with the core of a martial arts academy. In addition to fitness boxing, we offer a unique Strength & Conditioning class as well as top notch Brazilian Jiu-Jitus program. Our fitness boxing is not only a wonderful calorie burning workout, you will learn proper technique to ensure safety and a real feel, from instructors that are fully committed to the MMA and Boxing culture. Our BJJ program is run b

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