

BOX 'N

BURN

MONDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
9:30-10:15am [3]	BOX 'N BURN Anne
5:30-6:15pm [3]	BOX 'N BURN Craig
6:30-7:15pm [3]	BOX 'N BURN Craig

TUESDAY

6:30-7:15am [3]	BOX 'N BURN Cheryl
8:30-9:15am [3]	BOX 'N BURN Cheryl

WEDNESDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
9:30-10:15am [3]	BOX 'N BURN Anne
5:30-6:00pm [3]	BNB101 Craig
6:00-6:45pm [3]	BOX 'N BURN Craig

THURSDAY

6:30-7:15am [3]	BOX 'N BURN Anne
8:30-9:15am [3]	BOX 'N BURN Anne
9:30-10:15am [3]	BOX 'N BURN Anne

BNB101

New to Box 'N Burn?

This 30 minute introduction to Box 'N Burn will provide an understanding of skills with hands-on training from our certified instructors. This class is designed to answer questions and leave you ready to join in on a 45 min Class!

FRIDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
7:30-8:15am [3]	BOX 'N BURN Anne
9:30-10:15am [3]	BOX 'N BURN Anne

SATURDAY

7:00-7:45am [3]	BOX 'N BURN Anne
8:00-8:45am [3]	BOX 'N BURN Anne
9:00-9:45am [3]	BOX 'N BURN Anne

SUNDAY

8:00-8:30am [3]	BNB101 Craig
8:30-9:15am [3]	BOX 'N BURN Craig
9:30-10:15am [3]	BOX 'N BURN Craig

Boxing and Fitness Class that helps:

- Weight & fat loss
- Increase Muscle
- Increase overall strength
- Increase your confidence
- Relieve stress
- Improve your focus

**** GLOVES ARE AVAILABLE TO BORROW****



Sign up on the WSC App or
online wheatonsportcenter.com

Classes open 12pm the day prior.

Schedule effective Aug 23, 2021— Updated 10.12..21