

# BOX 'N BURN

## MONDAY

|                     |                              |
|---------------------|------------------------------|
| 9:30-10:15am<br>[3] | <b>BOX 'N BURN</b><br>Lisa E |
| 6:30-7:15pm<br>[3]  | <b>BOX 'N BURN</b><br>Anne   |

## TUESDAY

|                    |                             |
|--------------------|-----------------------------|
| 5:30-6:15am<br>[3] | <b>BOX 'N BURN</b><br>Dawn  |
| 6:30-7:15am<br>[3] | <b>BOX 'N BURN</b><br>Dawn  |
| 8:30-9:15am<br>[3] | <b>BOX 'N BURN</b><br>Megan |

## WEDNESDAY

|                     |                            |
|---------------------|----------------------------|
| 5:30-6:15am<br>[3]  | <b>BOX 'N BURN</b><br>Dawn |
| 9:30-10:15am<br>[3] | <b>BOX 'N BURN</b><br>Anne |
| 5:30-6:15pm<br>[3]  | <b>BOX 'N BURN</b><br>Anne |

## THURSDAY

|                     |                            |
|---------------------|----------------------------|
| 8:30-9:15am<br>[3]  | <b>BOX 'N BURN</b><br>Anne |
| 9:30-10:15am<br>[3] | <b>BOX 'N BURN</b><br>Anne |

## FRIDAY

|                     |                            |
|---------------------|----------------------------|
| 5:30-6:15am<br>[3]  | <b>BOX 'N BURN</b><br>Dawn |
| 7:30-8:15am<br>[3]  | <b>BOX 'N BURN</b><br>Anne |
| 9:30-10:15am<br>[3] | <b>BOX 'N BURN</b><br>Anne |

## SATURDAY

|                    |                            |
|--------------------|----------------------------|
| 7:00-7:45am<br>[3] | <b>BOX 'N BURN</b><br>Anne |
| 8:00-8:45am<br>[3] | <b>BOX 'N BURN</b><br>Anne |
| 9:00-9:45am<br>[3] | <b>BOX 'N BURN</b><br>Anne |

**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](http://wheatonsportcenter.com)

*Classes open 12pm the day prior.*

*Schedule effective 3/7/ 2022— Updated 2.12.22*