

BOX 'N BURN

MONDAY

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

TUESDAY

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

WEDNESDAY

8:15-9:00am [3]	BOX 'N BURN Megan
9:30-10:15am [3]	BOX 'N BURN Anne
5:30-6:15pm [3]	BOX 'N BURN Anne
6:30-7:15pm [3]	BOX 'N BURN Anne

THURSDAY

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

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

SUNDAY

8:00-8:45am [3]	BOX 'N BURN Craig
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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 6/6/ 2022— Updated 06.08.22