

BOX 'N BURN

WINTER 2023

MONDAY

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

WEDNESDAY

8:30-9:15am [3]	BOX 'N BURN Anne
9:30-10:15am [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
5:45-6:30pm [3]	BOX 'N BURN Lisa E

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

8:30-9:15am [3]	BOX 'N BURN Rotation
9:30-10:15am [3]	BOX 'N BURN Rotation

SUNDAY

9:30-10:15am [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 01.01.2023— Updated 12.19.22