

# BOX 'N BURN

## MONDAY

5:30-6:15pm [3]	<b>BOX 'N BURN</b> Craig
6:30-7:15pm [3]	<b>BOX 'N BURN</b> Craig

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

6:30-7:15am [3]	<b>BOX 'N BURN</b> Anne
9:30-10:15am [3]	<b>BOX 'N BURN</b> Anne
5:45-6:30pm [3]	<b>BOX 'N BURN</b> Lisa E

## FRIDAY

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

## SATURDAY

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

## SUNDAY

9:30-10:15am [3]	<b>BOX 'N BURN</b> 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](http://wheatonsportcenter.com)

*Classes open 12pm the day prior.*

*Schedule effective 06.05.2023— Updated 05.25.23*