

# BOX 'N BURN

## MONDAY

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

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

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

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

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

8:30-9:15am [3]	<b>BOX 'N BURN</b> Rotation
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9:30-10:15am [3]	<b>BOX 'N BURN</b> Rotation
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## 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 08.14.2023— Updated 11.07.23*