

Studio 3 Schedule

MONDAY

5:30am-10:30am **BOX 'N BURN ON DEMAND AVAILABLE**

10:45am-11:35am **CARDIO STRENGTH LITE**
*every other Monday Lisa H (A) / Lisa D (B)

11:55am-5:15pm **BOX 'N BURN ON DEMAND AVAILABLE**

5:30pm-6:15pm **BOX 'N BURN**
Craig

6:30pm-7:15pm **BOX 'N BURN**
Craig

7:30pm-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

TUESDAY

5:30am-6:15am **BOX 'N BURN**
Dawn

6:30am-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

WEDNESDAY

5:30am-8:15am **BOX 'N BURN ON DEMAND AVAILABLE**

8:30am-9:15am **BOX 'N BURN**
Anne

9:30am-10:15am **BOX 'N BURN**
Anne

10:30am-6:15am **BOX 'N BURN ON DEMAND AVAILABLE**

6:30pm-7:15pm **BOX 'N BURN**
Anne

7:30pm-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

THURSDAY

5:30am-6:15am **BOX 'N BURN ON DEMAND AVAILABLE**

6:30am-7:15am **BOX 'N BURN**
Anne

7:30am-9:15am **BOX 'N BURN ON DEMAND AVAILABLE**

9:30am-10:15am **BOX 'N BURN**
Anne

10:30am-5:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

6:45pm-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

FRIDAY

5:30am-6:15am **BOX 'N BURN**
Dawn

6:30am-7:15am **BOX 'N BURN ON DEMAND AVAILABLE**

7:30am-8:15am **BOX 'N BURN**
Anne

8:30am-9:15am **BOX 'N BURN ON DEMAND AVAILABLE**

9:30am-10:15am **BOX 'N BURN**
Anne

10:45am-11:40am **CHAIR YOGA**
Heather

11:55am-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

SATURDAY

6:00am-8:15am **BOX 'N BURN ON DEMAND AVAILABLE**

8:30am-9:15am **BOX 'N BURN**
Rotating Instructors

9:30am-10:15am **BOX 'N BURN**
Rotating Instructors

10:30am-6:00pm **BOX 'N BURN ON DEMAND AVAILABLE**

SUNDAY

6:00am-9:15am **BOX 'N BURN ON DEMAND AVAILABLE**

9:30am-10:15am **BOX 'N BURN**
Craig

10:30am-6:00pm **BOX 'N BURN ON DEMAND AVAILABLE**

Class registration will open at 12pm the day prior. A waitlist option is now available for classes that are full. If you elect to be placed on the waiting list, you will receive an email from the system upon someone cancelling their sign-up. If you do not respond within 15 minutes of receiving the email, that held spot will go to the next person on the waitlist.

For up-to-date instructor scheduling please refer to the WSC App and class listings.

Class offerings and instructor scheduling are subject to change.

****MEMBERS MUST BRING THEIR OWN BOXING GEAR TO PARTICIPATE IN BOX 'N BURN ON DEMAND SESSIONS**



Schedule effective 08.01.2023— Updated 11.07.23

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*every other Monday Lisa H (A) / Lisa D (B)

11:55am-5:15pm **BOX 'N BURN ON DEMAND AVAILABLE**

5:30pm-6:15pm **BOX 'N BURN**
Craig

6:30pm-7:15pm **BOX 'N BURN**
Craig

7:30pm-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

TUESDAY

5:30am-6:15pm **BOX 'N BURN**
Dawn

6:30am-7:15pm **BOX 'N BURN**
Dawn

7:30am-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

WEDNESDAY

5:30am-8:15am **BOX 'N BURN ON DEMAND AVAILABLE**

8:30am-9:15am **BOX 'N BURN**
Anne

9:30am-10:15am **BOX 'N BURN**
Anne

10:30am-5:15pm **BOX 'N BURN ON DEMAND AVAILABLE**

5:30pm-6:15pm **CIRCUITS**
Anne

6:30pm-7:15pm **BOX 'N BURN**
Anne

7:30pm-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

****MEMBERS MUST BRING THEIR OWN BOXING GEAR TO PARTICIPATE IN BOX 'N BURN ON DEMAND SESSIONS.**

****NO EQUIPMENT USE ALLOWED IN STUDIO 3 WITHOUT AN INSTRUCTOR PRESENT.**

Class registration will open at 12pm the day prior. Registration not required for Box 'N Burn On Demand. A waitlist option is now available for classes that are full. If you elect to be placed on the waiting list, you will receive an email from the system upon someone cancelling their sign-up. If you do not respond within 15 minutes of receiving the email, that held spot will go to the next person on the waitlist.

For up-to-date instructor scheduling please refer to the WSC App and class listings. **Class offerings and instructor scheduling are subject to change.**

THURSDAY

5:30am-6:15am **BOX 'N BURN ON DEMAND AVAILABLE**

6:30am-7:15pm **BOX 'N BURN**
Anne

7:30am-9:15am **BOX 'N BURN ON DEMAND AVAILABLE**

9:30am-10:15am **BOX 'N BURN**
Anne

10:30am-5:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

5:45pm-6:30pm **BOX 'N BURN**
Lisa E

6:45pm-8:30pm **BOX 'N BURN ON DEMAND AVAILABLE**

FRIDAY

5:30am-6:15pm **BOX 'N BURN**
Dawn

6:30am-7:15am **BOX 'N BURN ON DEMAND AVAILABLE**

7:30am-8:15am **BOX 'N BURN**
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SATURDAY

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Rotating Instructors

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Rotating Instructors

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SUNDAY

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Craig

10:30am-6:00pm **BOX 'N BURN ON DEMAND AVAILABLE**