

BOX 'N

BURN

MONDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
9:30-10:15am [3]	BOX 'N BURN Anne L.
5:30-6:15pm [3]	BOX 'N BURN Craig
6:30-7:15pm [3]	BOX 'N BURN Craig

TUESDAY

6:30-7:15am [3]	BOX 'N BURN Cheryl
8:30-9:15am [3]	BOX 'N BURN Cheryl
9:30-10:15am [3]	BOX 'N BURN Cheryl
4:30-5:15pm [3]	BOX 'N BURN Anne L.
5:30-6:15pm [3]	BOX 'N BURN Anne L.

WEDNESDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
8:30-9:15am [3]	BOX 'N BURN Kyle
9:30-10:15am [3]	BOX 'N BURN Kyle
5:30-6:15pm [3]	BOX 'N BURN Craig

THURSDAY

6:30-7:15am [3]	BOX 'N BURN Craig
8:30-9:15am [3]	BOX 'N BURN Anne L.
9:30-10:15am [3]	BOX 'N BURN Anne L.

FRIDAY

5:30-6:15am [3]	BOX 'N BURN Kyle
6:30-7:15am [3]	BOX 'N BURN Kyle
8:45-9:30am [3]	BOX 'N BURN Lisa E.
9:45-10:30am [3]	BOX 'N BURN Lisa E.

SATURDAY

7:30-8:15am [3]	BOX 'N BURN Dawn
9:00-9:45am [3]	BOX 'N BURN Dawn

SUNDAY

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

Boxing and Fitness Class that helps:

- Weight & fat loss
- Increase Muscle
- Increase overall strength
- Increase your confidence
- Relieve stress
- Improve your focus
- Participants must have their own gloves.
Available at InStyle



Sign up on the WSC App or
online wheatonsportcenter.com

Classes open 12pm the day prior.

Schedule effective June 14th; Updated 7.15.21