

MONDAY

5:30-6:15pm **BOX 'N BURN** [3] Craig

TUESDAY

5:30-6:15am **BOX 'N BURN** [3] Craig

WEDNESDAY

6:45-7:30pm **BOX 'N BURN** [3] TBD

THURSDAY

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

FRIDAY

5:30-6:15am BOX 'N BURN
[3] Dawn
9:30-10:15am BOX 'N BURN
[3] Anne

SATURDAY

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

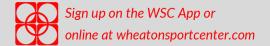
SUNDAY

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

Boxing and Fitness Class that Helps:

- Weight & fat loss
- Increase Muscle
- Increase overall strength
- Increase your confidence
- Relieve Stress
- Improve your focus

GLOVES ARE AVAILABEL TO BORROW



Classes open 12pm the day prior Updated 6.3.25