

BOX 'N BURN

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

****GLOVES ARE AVAILABLE TO BORROW****



Sign up on the WSC App or
online at wheatonsportcenter.com

Classes open 12pm the day prior
Updated 6.3.25