

BOX 'N BURN

MONDAY

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

	5:30-6:30am [3]	BOX 'N BURN Dawn
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WEDNESDAY

	5:30-6:30pm [3]	BOX 'N BURN Anne
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THURSDAY

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

FRIDAY

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

SATURDAY

	8:30-9:30am [3]	BOX 'N BURN Rotation
	9:30-10:30am [3]	BOX 'N BURN Kalee

SUNDAY

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

*Classes open 12pm the day prior
Updated 10.10.25*



Sign up on the WSC App or
online wheatonsportcenter.com