

Studio 3 Schedule

MONDAY

5:30am-10:30am	BOX 'N BURN ON DEMAND AVAILABLE
11:55am-5:15pm	BOX 'N BURN ON DEMAND AVAILABLE
5:30pm-6:15pm	BOX 'N BURN Craig
7:30pm-8:30pm	BOX 'N BURN ON DEMAND AVAILABLE

TUESDAY

5:30am-6:15am	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
10:30am-5:15pm	BOX 'N BURN ON DEMAND AVAILABLE
5:30-6:30pm	BOX 'N BURN Kalee
6:30pm-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
8:30am-9:15am	BOX 'N BURN ON DEMAND AVAILABLE
9:30am-10:15am	BOX 'N BURN Kalee
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
9:30-10:30am	BOX 'N BURN Kalee
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**

