

Studio 3 Schedule

MONDAY

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

TUESDAY

5:30am-6:15am	BOX 'N BURN Dawn
6:30am-10:30am	BOX 'N BURN ON DEMAND AVAILABLE
10:30-11:30am	Tai Chi Rob
11:30am-10pm	BOX 'N BURN ON DEMAND AVAILABLE

WEDNESDAY

5:30am-8:15am	BOX 'N BURN ON DEMAND AVAILABLE
8:30am-9:15am	TRX Anne
10:30am-5:15pm	BOX 'N BURN ON DEMAND AVAILABLE
11:15am-12:00pm	TRX Julie
12:00pm-5:15pm	BOX 'N BURN ON DEMAND AVAILABLE
5:30-6:30pm	BOX 'N BURN Kalee
6:30pm-10pm	BOX 'N BURN ON DEMAND AVAILABLE

THURSDAY

5:30am-6:15am	BOX 'N BURN ON DEMAND AVAILABLE
6:30am-7:15am	TRX Anne
7:30am-9:15am	BOX 'N BURN ON DEMAND AVAILABLE
9:15am-10:00am	TRX Julie
10:00am-10pm	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
7:30-8:30am	Circuits George
9:30am-10:15am	BOX 'N BURN Kalee
10:45-11:40am	Chair Yoga Erin
11:55am-9pm	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-6pm	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-6pm	BOX 'N BURN ON DEMAND AVAILABLE

Class registration will open at 12pm the day prior. 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**

