

STUDIO 3 SCHEDULE

MONDAY

5:30am - 5:30pm **Box 'N Burn On Demand**

5:30pm - 6:15pm **Box 'N Burn Craig**

6:30pm - 10:00pm **Box 'N Burn On Demand**

WEDNESDAY

5:30am - 8:15am **Box 'N Burn On Demand**

8:30am - 9:15am **TRX Anne**

10:30am - 11:15pm **Box 'N Burn On Demand**

11:15am - 12:00pm **TRX Julie**

12:00pm - 5:30pm **Box 'N Burn On Demand**

5:30pm - 6:30pm **Box 'N Burn Kalee**

6:30pm - 10:00pm **Box 'N Burn On Demand**

FRIDAY

5:30am - 6:15am **Box 'N Burn Dawn**

6:30am - 7:15am **Box 'N Burn On Demand**

7:30am - 8:30am **Circuits George**

9:30am - 10:15am **Box 'N Burn Kalee**

10:45am - 11:40am **Chair Yoga Erin**

11:55am - 9:00pm **Box 'N Burn On Demand**

TUESDAY

5:30am - 6:15am **Box 'N Burn Dawn**

6:30am - 10:30am **Box 'N Burn On Demand**

10:30am - 11:30am **Tai Chi Rob**

11:30am - 10:00pm **Box 'N Burn On Demand**

THURSDAY

5:30am - 6:15am **Box 'N Burn On Demand**

6:30am - 7:15am **TRX Anne**

7:30am - 9:15am **Box 'N Burn On Demand**

9:15am - 10:00am **TRX Julie**

10:00am - 10:00pm **Box 'N Burn On Demand**

SATURDAY

6:00am - 8:15am **Box 'N Burn On Demand**

8:30am - 9:15am **Box 'N Burn Rotation**

9:30am - 10:30am **Box 'N Burn Kalee**

10:30am - 6:00pm **Box 'N Burn On Demand**

SUNDAY

6:00am - 9:15am **Box 'N Burn On Demand**

9:30am - 10:15am **Box 'N Burn Craig**

10:30am - 6:00pm **Box 'N Burn On Demand**

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.

*MUST BRING OWN BOXING GEAR TO PARTICIPATE IN BOX 'N BURN ON DEMAND SESSIONS

Schedule Starts April 1, 2026 | Updated March 2026