

Updated Schedule Nov 1, 2020

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-------------------------------------|----------------------------------|----------------------------------|---------------------------|-------------------------------|---|----------------------------|-----|
| 9 AM | | TABATA TUESDAY 60m | 12 ROUNDS 60m | WEIGHT TRAINING 60m | 12 ROUNDS 60m | BOOTCAMP w/ Matt 60m | |
| TEEN OPEN GYM 2:00 PM-5:00 PM | | | | | | | |
| 5:00 PM | 12 Rounds 30m | | INTRO TO BOXING 30m | | | | |
| 5:30 PM | STRENGTH 30m | | BOXING 101 60m | | | | |
| 6:00 PM | KICKBOXING w/ Michelle 60m | BOOTCAMP w/ Matt 60m | | KICKBOXING w/ Amber 60m | CO-ED Advanced Boxing and Instructional Sparring 60m | | |
| CO ED OPEN GYM 7:00-9:00 PM | | | | | | | |
| 7:00 PM | | KICKBOXING w/ Michelle 60m | | | | | |

**** Please note that you MUST pre-register for all classes [10 person max, 2 person min] simply text: 617-308-9749 and sign up!****