

PRE-REGISTRATION REQUIRED

TEXT 617.308.9749

STRIKING BEAUTIES**-- UPDATED SCHEDULE 11/16/21 --**

TIMES	MONDAY	TUESDAY	WEDN'DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM			KICKBOXING 60m		12 ROUNDS 60m		
8:30 AM		S.B. SIGNATURE BOXING 60m		STRENGTH TRAINING 60m			
9:00 AM						BOOTCAMP 45m	
4:00 PM	12 ROUNDS 60m		STRENGTH TRAINING 45m				
5:00 PM			BEGINNER BOXING 30m		CO-ED Mitts Class w/ Shelly \$10/m \$20/non-m		
5:30 PM			BOXING DRILLS 30m				
6:00 PM	KICKBOXIN w/Michelle 60m	CO-ED BOXING w/Shelly 60m		MITTS w/Melanie 60m	CO-ED BOXING w/Shelly 60m		CO-ED BOXING W/Shelly 60m
7:00 - 9PM	CO-ED OPEN GYM/Shelito's Way Boxing Club	CO-ED OPEN GYM/ Shelito's Way Boxing Club		CO-ED OPEN GYM/ Shelito's Way Boxing Club	CO-ED OPEN GYM/ Shelito's Way Boxing Club	CO-ED OPEN GYM	CO-ED OPEN GYM

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