

STRIKING BEAUTIES -- STARTS OCTOBER 1ST, 2020--

| | MONDAY | TUESDAY | WEDN'DAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------|---------------------------------|---------------------------------|---------------------------|------------------------------|---------------------------|---------------------------|--------|
| 7:00 AM | | | 12 ROUNDS 60m | | | | |
| 9:00 AM | | TABATA HOUR 60m | | WEIGHT TRAINING | 12 ROUNDS 60m | BOOTCAMP w/Matt 60m | |
| TEEN OPEN GYM 2:00 - 5:00pm | | | | | | | |
| 5:00 PM | | | INTRO TO BOXING 30m | | | | |
| 5:30 PM | WEIGHT TRAINING 30m | | BOXING 101 60m | | | | |
| 6:00 PM | HIIT 30m | BOOTCAMP w/Matt 60m | | KICKBOXING w/Amber 60m | BOXING W/Shelly 60m | | |
| CO-ED OPEN GYM 7:00 - 9:00PM | | | | | | | |
| 7:00 PM | KICKBOXING w/Michelle 60m | KICKBOXING w/Michelle 60m | | | SPARRING | | |

please note that you **MUST** pre-register for all classes. 10 person max. 2 person minimum.
Simply **TEXT 617-308-9749** and sign up!