

STRIKING BEAUTIES

-- UPDATED SCHEDULE BEGINS JANUARY 11th, 2020 --

TIMES	MONDAY	TUESDAY	WEDN'DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM		TABATA HOUR 60m	WEIGHT TRAINING 60m	TRADITIONAL BOXING 60m	12 ROUNDS 60m	MITTS plus w/Amanda 60m (8 per max)	
12:00 PM to 4:00	OPEN GYM for MEMBERS	OPEN GYM for MEMBERS	OPEN GYM for MEMBERS	OPEN GYM for MEMBERS	OPEN GYM for MEMBERS	OPEN GYM for MEMBERS	OPEN GYM for MEMBERS
		SMALL GROUP TRAINING					
4:30 PM			12 ROUNDS 30m				
5:00 PM	BOOTCAMP w/Matt 60m	STRIKERS w/ Shelly ----- STRENGTH w/Ashley 60m	BEGINNER BOXING 60m		SMALL GROUP TRAINING		
6:00 PM	KICKBOXING w/Amber 60m	BOXING w/Shelly 60m	ROCK STEADY BOXING	KICKBOXING w/Michelle 60m	BOX & BARBELL w/Shelly & Ashley 60m		
7:00 - 9:00PM	CO-ED OPEN GYM	CO-ED OPEN GYM	CO-ED OPEN GYM	CO-ED OPEN GYM	CO-ED OPEN GYM	CO-ED OPEN GYM	CO-ED OPEN GYM

* Please note that you **MUST** pre-register for all classes. Simply **TEXT 617-308-9749** w/Name, Class, Time! *