

# Boxing Fitness & Strength Training

*For Women*

Gymnanigans Boxing Fitness & Strength Training for Women  
 1409 Georgia St., Vallejo 94591  
 {707}310-0863 | [www.gymnanigans.com](http://www.gymnanigans.com)



Donna Medina / Owner-Trainer  
 Cert. Boxing Coach & Sports Nutrition Coach

## November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	2
<b>Drop in \$15/class</b> <b>1 month \$150</b>						
3	4 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	5	6 <b>Fit Fast Classes</b> 5am, 6am, 6:30p ONLY <i>5:30P Cancelled</i>	7	8 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	9
10	11 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	12	13 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	14	15 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	16
17	18 NO CLASSES	19	20 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	21 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	22 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	23
24	25 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	26	27 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	28	29 <b>Fit Fast Classes</b> 5am, 6am 5:30pm, 6:30p	30

High Intensity Interval Boxing - a 30-minute, heart-thumping, body-drenching, boxing-centric workout inspired by the fat-burning, cardio-boosting benefits of HIIT training, that will leave you exhausted, exhilarated and with the skills of a boxer plus work your glutes & abs. Ready?