

STRIKING BEAUTIES

-- UPDATED SCHEDULE BEGINS MARCH 1st, 2021 --

TIMES	MONDAY	TUESDAY	WEDN'DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM		TABATA HOUR 60m	WEIGHT TRAINING 60m	TRADITION'L BOXING 60m	12 ROUNDS 60m		
9:00 AM						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
4:30 PM							
5:00 PM	BOOTCAMP w/Matt 60m		BEGINNER BOXING 60m				
5:15 PM		STRIKERS w/ Shelly					
6:00 PM	KICKBOXING w/Michelle 60m	BOXING w/Shelly 60m	ROCK STEADY BOXING	KICKBOXING w/Amber 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! *