

STRIKING BEAUTIES

-- UPDATED SCHEDULE BEGINS JUNE 10, 2021 --

TIMES	MONDAY	TUESDAY	WEDN'DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM		TABATA HOUR 60m		WEIGHT TRAINING 60m	12 ROUNDS 60m		
11:00 AM						MITTS plus w/Shelly 60m	
5:00 PM	BOOTCAMP w/Matt 60m		BEGINNER BOXING 30m				
5:30 PM			BOXING DRILLS 30m				
6:00 PM	KICKBOXING w/Michelle 60m	CO-ED BOXING w/Shelly 60m		KICKBOXING w/Amber 60m	CO-ED BOXING w/Shelly 60m		
7:00 - 9PM	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

You MUST pre-register for all classes.

Simply **TEXT 617-308-9749** w/Name, Class, Time! *

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