

BOX 'N BURN

MONDAY

5:30-6:15pm [3]	BOX 'N BURN Craig
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TUESDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
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WEDNESDAY

8:30-9:15am [3]	BOX 'N BURN Anne
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9:30-10:15am [3]	BOX 'N BURN Anne
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6:30-7:15pm [3]	BOX 'N BURN Anne
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THURSDAY

6:30-7:15am [3]	BOX 'N BURN Anne
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9:30-10:15am [3]	BOX 'N BURN Anne
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FRIDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
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9:30-10:15am [3]	BOX 'N BURN Anne
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SATURDAY

8:30-9:15am [3]	BOX 'N BURN Rotation
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9:30-10:15am [3]	BOX 'N BURN Rotation
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SUNDAY

9:30-10:15am [3]	BOX 'N BURN Craig
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Boxing and Fitness Class that helps:

- **Weight & fat loss**
- **Increase Muscle**
- **Increase overall strength**
- **Increase your confidence**
- **Relieve stress**
- **Improve your focus**

**** GLOVES ARE AVAILABLE TO BORROW****



Sign up on the WSC App or
online wheatonsportcenter.com

*Classes open 12pm the day prior
Updated 08.19.24*