

BOX 45:

Our premier boxing class, warmup, multiple rounds on the heavy bags and a core finisher!

Impact Box:

Impact Box is a 30 minute coach less boxing class! You can get in your workout at your own pace with instruction from our Impact system!

FitCamp:

A 45 minute circuit training class, strength, endurance, balance and bodyweight training!



Class Schedule

SUN

MON

TUES

WED

THURS

FRI

SAT

6:00am		BOX 45					
7:00am			Impact Box				
10:30am		YOUTH P.E.		YOUTH P.E.		YOUTH P.E.	BOX 45
12:00pm		Impact Box				Impact Box	
12:30pm		Impact Box				Impact Box	
2:00pm							
5:00pm	FitCamp		Sports Perf.				
5:45pm		BOX 45		BOX 45			
6:15pm			BOX 45		BOX 45		
7:00pm							
7:30pm							