



Boxing

Whether you are a boxing expert or entirely new to the experience, our class is an authentic full-body boxing workout offered to all fitness levels that help connect, clear, and recharge your mind and body.

When:

Monday-Saturday

8:00 am - 8:45 am

(Instructor-Sydney)

5:00 pm- 5:45 pm

(Instructor-John)

7:00 pm - 7:45 pm

(Instructor-Brooke)

Bring:

You will need to bring your own gloves and wraps.

Duration:

45 mins - 1 hour

350-500 calories
