
BOXING CLASS HITT TRAINING AREA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am	Boxing				Boxing		
1:00 pm							Boxing
6:00pm	Boxing		Boxing				

Class description: A high pace cardio fitness program combining the techniques of Muai Thai, Kickboxing, and Boxing. You will learn how to acquire self defense skills, discipline, and maintain cardiovascular fitness, endurance, and strength.

