



Class Planner 2024

46 Tioga Way
Marblehead Ma



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	Strength Burn 45 Mins Michael	Cardio Boxing 45 Mins Michael	Strength & Abs 45 Mins Michael		Cardio Boxing 45 mins		
8:30am	Cardio Kickboxing 60 mins Shari					Cardio Kickboxing 60 min Shari	
9am		Muscle Conditon 60minutes Patti	Strength,Abs, & Stretching 45 Mins Michael	Muscle Conditon 60minutes Patti		Travel Sparring 3hrs	
5:30pm	Kids & Adults Boxing 1hr 30mins Michael	Sparring Day 2hrs	Kids & Adults Boxing 1hr 30mins Michael	Sparring Day 2hrs	Kids & Adults Boxing 1hr 30mins Michael		