

**ALLY'S BOXING CLUB
BOOTCAMP CLASS SCHEDULE**

WEST ROXBURY

WWW.ALLYSBOXINGBOOTCAMP.COM

617-347-5900

1/2 HOUR BOXING BOOTCAMP

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

AM

**9:30-
10:00AM**

**9:30-
10:00AM**

**9:30-
10:00AM**

**9:30-
10:00AM**

**9:30-
10:00AM**

**10:00-
10:30AM**

CLOSED

PM

**5:45-
6:15PM**

**5:45-
6:15PM**

**5:45-
6:15PM**

**6:15-
7:15PM**

**Bonus 1
Hour
Bootcamp!**

**7:30-
8:00PM**

**7:30-
8:00PM**

**7:30-
8:00PM**

**7:30-
8:00PM**

**ULTIMATE
UPPER BODY
SPECIALTY
CLASS**

**HEAVY BAG
BOXING
SPECIALTY
CLASS**

**KICK BOXING
SPECIALTY
CLASS**

**GLUTES TO
THE MAX
SPECIALTY
CLASS**

