

ALLY'S BOXING CLUB BOOTCAMP CLASS SCHEDULE

WEST ROXBURY

WWW.ALLYSBOXINGBOOTCAMP.COM

617-347-5900

1 HOUR BOXING BOOTCAMP PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	10:00- 11:00AM	10:00- 11:00AM	10:00- 11:00AM	10:00- 11:00AM	10:00- 11:00AM	9:00- 10:00AM	CLOSED
PM	6:30- 7:30PM	6:30- 7:30PM	6:30- 7:30PM	6:30- 7:30PM	6:15- 7:15PM		
	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			

