



LEAVE IT ALL OUT ON THE TURF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am-6:15am BOXCOMBO		5:45am-6:15am BOXCOMBO		5:45am -6:15am BURN
12:15pm-12:45pm BOXCOMBO		12:15pm – 12:45pm BURN		
	5:45pm-6:15pm BOXCOMBO		5:45pm – 6:15pm BOXCOMBO	
	6:30pm-7:00pm BURN		6:30pm – 7:00pm BURN	

X30 is a fast paced, 30 minute bang for your buck, high intensity style workout. Our variety of equipment and workouts in our **BOXCOMBO** and **BURN** workouts are sure to keep you guessing and your body changing while you work up a sweat in these highly efficient and exciting workouts.

BOXCOMBO brings to Boston North Fitness a Martial Arts inspired high intensity workout! Grab your gloves and get ready to not just work up a serious sweat, but to also improve your agility, endurance and power as you move back and forth from the bag to ropes, agility ladders and more in these seriously high energy workouts.

- Bring your own gloves and hand wraps, show up 15 minutes early to your first class to learn how to wrap hands

BURN is a total body conditioning class with circuits alternating between short bursts of intense effort followed by a quick recovery! It's a good thing this class is quick because it is CHALLENGING! Come to this class for its addictive energy – if you are looking for a cardio class that will keep your heart rate up high and give you a serious workout in a short amount of time, this is the class for you.