

Boxing & Boot Camp 2017 Fall Schedule



Check weekly schedule at tscnovi.com for changes! Download MINDBODY phone app. Make The Sports Club of Novi your favorite!

Mondays	6:05-7:05 am	Ultimate Boot Camp
	9:05-10:05 am	Power Hour Boot Camp
	7:00-8:00 pm	Cardio Kickboxing*
	8:15-9:00 pm	LED Cardio Boxing
Tuesdays	6:15-7:00 am	LED Cardio Boxing
	8:00-8:45 am	Cardio Boxing
	6:35-7:35 pm	Ultimate Boot Camp
	7:45-8:45 pm	Queenax Metabolic Fit
Wednesdays	6:05-7:05 am	Power Hour Boot Camp
	9:05-10:05 am	Power Hour Boot Camp
	7:00-8:00 pm	Cardio Kickboxing*
	8:15-9:15 pm	Cardio Boxing
Thursdays	6:35-7:35 pm	Ultimate Boot Camp
	7:45-8:30 pm	Best of Both Worlds
Fridays	6:05-7:05 am	Ultimate Boot Camp
	9:05-10:05 am	Ultimate Boot Camp
	7:00-7:45 pm	LED Cardio Boxing
Saturdays	7:25-8:25 am	Ultimate Boot Camp
	8:30-9:30 am	Cardio Kickboxing*
Sundays	9:00-10:00 am	Cardio Kickboxing*
	10:00-11:00 am	Technique Boxing

The Sports Club of Novi added boxing and kickboxing formats with a brand new boxing structure. We have 20 plus bags and a few awesome surprises in between all those punches.

*Classes use POLAR heart zone monitoring. Sensors available to borrow or purchase.