

BREAKTHRU BOXING

WEEKLY SCHEDULE



(updated January 2025)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 a.m. - 7:00 a.m.	Total Body Strength	Cardio Kickboxing	Spartan Training (Functional Movement)	Mixed Martial Arts	HIIT Boxing	
10:30 a.m. - 11:00 a.m.						Cardio Kickboxing
11:00 a.m. - 12:00 p.m.						The Rewind
12:00 p.m. - 12:45 p.m.	HIIT Boxing		HIIT Boxing		Cardio Kickboxing	
4:00 p.m. - 4:30 p.m.	Total Body Strength	Skills & Drills	Cardio Boxing	Cardio Kickboxing	Skills & Drills	
4:30 p.m. - 5:00 p.m.	Cardio Kickboxing	HIIT Boxing	Mixed Martial Arts	HIIT Boxing	The Rewind	
5:00 p.m. - 5:30 p.m.	HIIT Boxing	Cardio Kickboxing	HIIT Boxing	Skills & Drills		
5:30 p.m. - 6:00 p.m.	Skills & Drills	Total Body Strength	Cardio Kickboxing	Total Body Strength		
6:00 p.m. - 6:30 p.m.	Spartan Training (Functional Movement)		Spartan Training (Functional Movement)			

Breakthru Boxing and Fitness
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