

# BREAKTHRU BOXING

## WEEKLY SCHEDULE



(updated 10/17/23)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:15 a.m. - 7:00 a.m.</b>	Total Body Strength	Power UP	Spartan Training	Mixed Martial Arts	Power UP	
<b>9:30 a.m. - 10:30 a.m.</b>						The Rewind (9:30 - 11:00 am)
<b>10:30 a.m. - 11:00 a.m.</b>						
<b>12:00 p.m. - 1:00 p.m.</b>	HIIT Boxing	NO CLASS	HIIT Boxing	NO CLASS	HIIT Boxing	
<b>4:30 p.m. - 5:30 p.m.</b>	Total Body Strength	HIIT Boxing	Mixed Martial Arts	HIIT Boxing	The Rewind (4:30 - 6:00 pm)	
<b>5:30 p.m. - 6:30 p.m.</b>	HIIT Boxing	Spartan Training	HIIT Boxing	Total Body Strength		
<b>6:30 p.m. - 7:30 p.m.</b>	Spartan Training	Coach's Classroom	Spartan Training	Coach's Classroom	NO CLASS	

Please do not attend more than 2 classes each day! This is for your safety and for the development of your body to the best that it could be! Overtraining is a real theory and too much of anything is not helpful. This includes training. You may choose any two classes that you would like at any point in one day. Overtraining without recovering will not allow your body to rest and heal.

If you have any questions about this, please feel free to reach out and private message me so that we can have a conversation about the topic at hand. I hope that you understand why I'm writing this and why I am doing it. Thank you for your understanding in advance.

**Breakthru Boxing and Fitness**  
**21a Railroad Ave Albany, NY 12205**  
**518-491-6077**

# CLASS DESCRIPTIONS

## HIIT BOXING

This boxing class will teach boxing techniques in the HIIT format as a means to burn up to 800+ calories per hour! It will be driven by great music that pushes you towards your limits and one step closer to all of your fitness goals.



## SPARTAN TRAINING

A full-body workout designed to get you in shape for a Spartan Race or other obstacle challenge. Whether you want to race or not, the strength, plyometrics, and HIIT training in this class are all designed to help you work towards a better, fitter you!



## MIXED MARTIAL ARTS

This class is designed to have you learn to strike by incorporating techniques from various combat sports. These include Jeet Kune Do, Muay Thai, Boxing, Kickboxing, Karate and Self Defense. The student will learn to blend these styles to create a style that works best for their individual strengths. The student will learn offense, defense and counter striking. The student will learn techniques and strategies to be the most effective mixed martial artist they can be!

## COACH'S CLASSROOM

Coach's Classroom is a unique experience offered only at BreakThru Boxing and Fitness. This is an interactive forum that will allow you to get the cognitive side of training and goal setting. We will be studying areas of wellness and providing a lecture for each topic with an open discussion at the end. Each class will be on current topics in fitness, offered in an educational style setting. Feel free to come ask questions and learn with the best coach in the area!



## POWER UP!

Power Up is a beautiful blend of boxing and fitness! With the essentials of a great boxing class and a twist of the best fitness techniques one can use to get stronger! This class is what you are looking for to get the most out of a fitness experience.



## THE REWIND

Rewind the week with a 90-minute workout covering all the exercises, skills, and areas of focus that week. A high intensity end to the work week and a healthy start of an active weekend!