

BREAKTHRU BOXING

WEEKLY SCHEDULE



(updated 12/06/21)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m. - 7:30 a.m.		Open Gym				
9:30 a.m. - 10:30 a.m.						Cuts & Curves
10:30 a.m. - 11:30 a.m.						HIIT Boxing
11:30 a.m. - 12:30 p.m.						Spartan Training
12:00 p.m. - 12:45 p.m.	Boot Camp	Kickboxing	HIIT Boxing	Boot Camp	HIIT Boxing	
4:30 p.m. - 5:30 p.m.	Strength & Conditioning	Fight Camp	Kickboxing	HIIT Boxing	Strength & Conditioning	
5:30 p.m. - 6:30 p.m.	HIIT Boxing	Kickboxing	HIIT Boxing	Kickboxing	Fight Camp	
6:30 p.m. - 7:30 p.m.	Spartan Training	Cuts & Curves	Spartan Training	Cuts & Curves / Yoga (alternating weeks)		

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.



STRENGTH & CONDITIONING

Strength training and conditioning are the foundation of most athletes' performance gains. We invite YOU to get STRONGER. We invite YOU to get BETTER. The combination of movements in this class will help to build the best athlete possible. We combine strength training with resistance and multiple directional mobility. This class is a unique blend that all will gain from attending! Train DIFFERENT!



CUTS & CURVES

A full-body workout combining strength training and movement to optimize your fitness and functional capacity. Whatever your exercise objectives, this class will help you maximize your fitness!

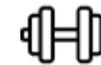


BOOT CAMP

Boot camp is a mixture of high intensity training and strength development mixed with various principles of movement. This will get your heart rate sky high and build lean muscle mass at the same time! Strengthen your mind and body at the same time!

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!



FIGHT CAMP

This class is designed to have our students understand the concepts and conditioning tools that a fighter will use prior to competition. You will perform drills that get your skills sharp and the conditioning methods to keep your body in the fight! This class is open to all and is created to help get YOU better! Learn SKILLS! Do DRILLS! Train DIFFERENT!



KICK BOXING

The same high intensity workout you expect from BreakThru Boxing integrating techniques and training exercises from the world of kickboxing. Work on core strength, balance, and movement control and make yourself a better boxer and athlete.

