

BREAKTHRU BOXING

WEEKLY SCHEDULE



(updated 12/18/22)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 a.m. - 7:00 a.m.	HIIT Strength	Power Up	Power Up	Power Up	Mixed Martial Arts	
9:30 a.m. - 10:30 a.m.						HIIT Boxing (9:30 - 11:00 am)
10:30 a.m. - 11:00 a.m.						
12:00 p.m. - 12:45 p.m.	HIIT Strength	Spartan Training	HIIT Boxing	Mixed Martial Arts	HIIT Boxing	
4:30 p.m. - 5:15 p.m.	Advanced Boxing	HIIT Strength	Mixed Martial Arts	HIIT Boxing	The Rewind (4:30 - 6:00 pm)	
5:30 p.m. - 6:30 p.m.	HIIT Boxing	Power Up	HIIT Boxing	HIIT Strength / Advanced Boxing		
6:30 p.m. - 7:30 p.m.	Spartan Training		Advanced Boxing			

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

CLASS DESCRIPTIONS

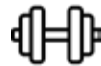
HIIT BOXING

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.



HIIT STRENGTH

This class will get you STRONGER! Using interval training, we will guide you through a full body workout that we promise is a strength class like no other. Combining the principles of a wide range of movement concepts with the best equipment and expert knowledge, we can teach you the way to be the strongest version of yourself!



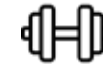
MIXED MARTIAL ARTS

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!



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!



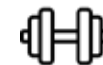
ADVANCED BOXING

Boxing has many levels of understanding. We want to be your guides to learning more than your average fitness boxing experience has to offer. Each class will focus on concepts that every real fighter should master. The skills include footwork, counter striking, defense and offense. We will also provide you with the “how” and the “why” to many complex movements and teach you how you can improve in your striking skills. This will be every fighter’s favorite class!



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!