

BREAKTHRU BOXING

WEEKLY SCHEDULE



(updated 1/21/24)

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