



MA-SHEEN FITNESS

CLASS SCHEDULE

Monday 5:30PM – Combat Conditioning

Whole body workout using kettlebells, medicine balls, punch bags and agility equipment. Torch fat, get fit and have fun. All fitness levels welcome.

Ma-Sheen Intensity: Moderate

Wednesday 5:30AM – Early Bird Boxing

Boxing class using correct technique and combinations. Punch start your day the Ma-Sheen Fitness way.

Ma-Sheen Intensity: Moderate

Thursday 6:00PM – Championship Boxing

Train like a professional boxer in a class which will push you like no other. A boxing class which will burn calories and test your conditioning. Have fun as you jab and move through combinations like a Champion Boxer! Test your skill, your conditioning and yourself!

Ma-Sheen Intensity: Moderate to High

Saturday 9:00AM – Combat Conditioning

Whole body workout using kettlebells, medicine balls, punch bags and agility equipment. Torch fat, get fit and have fun. All fitness levels welcome.

Ma-Sheen Intensity: Moderate

Get in touch for class rates, packages and personal training offers.