



# Are You Ready?

In the words of Bruce Buffer... IT'S TIME!

It's time to book your free trial of our new program CLASS. Two complimentary classes, one boxing, one HIIT allow you to challenge yourself and keep your workouts fresh. Watch yourself transform into your strongest, most confident self with CLASS.



## BOXING

Get ready to smash the bag and your entire body. We coach you through 7 rounds of bag work with a high energy instructor that will challenge your speed, power and endurance while mixing in heart-pumping conditioning exercises leaving you dripping in sweat.

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## HIIT

Push yourself as you rotate rapidly through multiple circuits using strength, conditioning and agility exercises to burn maximum calories. This heart-pumping metabolic conditioning class set with high energy instruction will deliver a total fitness challenge.

## Book Your CLASS

Don't be shy, we're excited to have you! Our classes are designed for all levels and we look to build a support system for you on and off the mats.

**BOOK NOW**



# BOX. HIIT. REPEAT.

**UFC**GYM

www.classufcgy.com

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