



BERKSHIRE FIT STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:00pm - 4:45pm Youth Boxing (Beginners)		5:00pm - 6:00pm Adult Boxing		8:30am - 9:30am Adult Boxing	

SPECIALTY CLASSES & WORKSHOPS *

Grind 21

It takes 21 days to start a habit, and this workshop is designed to make the gym that for you. Join Mike Monday, Wednesday, and Friday mornings at 5:15am. Each class will be a combination of strength, cardio, and everything in between. This workshop runs for eight weeks, and **pre-registration is required**

Youth Boxing

Our Youth Boxing class is designed to teach young participants the fundamentals of boxing in a safe, fun, and supportive environment. This class emphasizes fitness, discipline, and confidence-building while introducing key techniques like footwork, punches, defensive moves, and basic combinations. Whether your child is looking to get active, develop their athletic skills, or explore the sport of boxing, this class is a great fit for all skill levels. Join us for an exciting, high-energy class that encourages personal growth and a positive, active lifestyle! **pre-registration is required**

Jazz and Funk

Get ready to groove in our Jazz and Funk class, where rhythm, energy, and style come together! This high-energy class blends the smooth, expressive movements of jazz with the infectious beats and bold attitude of funk. Perfect for dancers of all levels. Our experienced instructors will guide you through fun choreography and improvisation, helping you build confidence, musicality, and coordination. Whether you're new to dancing or looking to refine your skills, this class will have you moving to the beat in no time. Come get your funk on and let the music move you! **pre-registration is required**

****Additional Fees Apply***

