

Boxing bingo

Try an afternoon class	100 pushups or sit ups	Choose a new work out partner	Run 1 mile	High five everyone in your class
70 squats	Try a morning class	Hold a minute plank at home and track it	2 minutes of non stop bag work	Practice your 3 & 5 before class
Tag us in a video of you shadow boxing	Try our Friday 5PM class	FREE	30 mins of jumprope	Do back to back classes
Give the coaches a thank you	Tag us in a gym selfie wearing your gym wear	Give us a google review	Do an extra set	Hit the speed bag after class
Come to ALL your classes!!	50 rope touches	Make a new gym friend	Use #HBAfam on a post	Bring a friend to class

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