

Time to Kick Some Sass

PILOXING®

A high energy fusion of Pilates, Boxing and Dance. Transform yourself into a tough boxer, graceful ballerina and a hip street dancer – All in one class.



PILOXING® blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates along with fun and sassy dance moves that reflect the sensuality in every woman.

Heart pounding, amazing choreography will take your energy level on an incredible journey.

You're going to love this class!

Sleek • Sexy • Powerful

Coming Soon to

STUDIO 310

9743 Traville Gateway Dr
Rockville MD 20850

