

# TRAIN WITH MBSC FROM ANYWHERE

**World-class coaching at your fingertips**

Do you wish that you could train at MBSC but don't live in the Boston area?

Now, MBSC's world-class coaches are available to coach you from the comfort of your own home.

Mike Boyle Strength and Conditioning is offering live stream and on-demand classes via Sombre.

In our live classes, our coaches will not only take you through a 60-minute full-body functional training workout but also provide you with coaching feedback by watching you train live on screen.

## **Class Schedule**

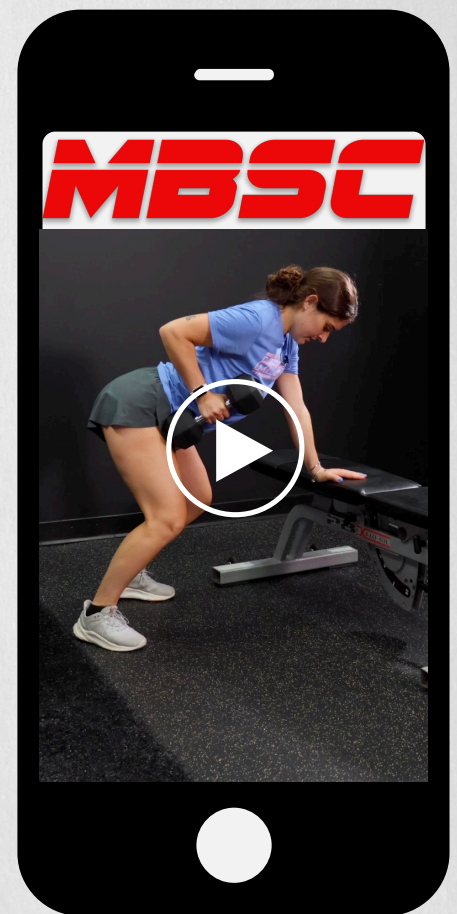
Monday and Wednesday: 6am, 9am, 6pm

Thursday: 6pm

Friday: 6am and 9am

All live classes are recorded, so you can watch them on-demand and work out whenever you want.

Head to [Sombre.com/MBSC](https://Sombre.com/MBSC) today to get started



**sombre**

# SOMBRE.COM/MBSC