

ROCK STEADY BOXING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Two Classes</i> 10:30am (ALL LEVELS)</p> <p>1:00pm (LEVELS 1 & 2)</p>	<p>2:30pm (ALL LEVELS)</p>	<p><i>Two Classes</i> 10:30am (ALL LEVELS)</p> <p>2:15pm (LEVELS 1 & 2)</p>	<p>2:30pm (ALL LEVELS)</p>	<p><i>Two Classes</i> 10:30am (ALL LEVELS)</p> <p>1:00pm (LEVELS 1 & 2)</p>		
		<p><i>Sweat Live-Zoom:</i> 2:15pm (ALL LEVELS)</p>			<p><i>Sweat Live In-Person:</i> 10:45am (ALL LEVELS)</p>	

Please note: Wednesday at 2:30 pm and Saturday at 10:45 am are 'Sweat Live' workouts.
 The other workouts will take place in the studio as normal.



850.222.1781 | 1122 THOMASVILLE ROAD TALLAHASSEE, FL 32303

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