ROCK STEADY BOXING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30am *(ALL LEVELS)* **11:45am** *(ALL LEVELS)* **1:00pm** *(LEVELS 1 & 2)* **2:30pm** *(ALL LEVELS)*	**1:15pm** *(LEVELS 1 & 2)* **2:30pm** *(ALL LEVELS)*	**10:30am** *(ALL LEVELS)* **11:45am** *(ALL LEVELS)* **1:00pm** *(LEVELS 1 & 2)* **2:30pm** *(ALL LEVELS)*	**1:15pm** *(LEVELS 1 & 2)* **2:30pm** *(ALL LEVELS)*	**10:30am** *(ALL LEVELS)* **11:45am** *(ALL LEVELS)* **1:00pm** *(LEVELS 1 & 2)*		

SWEAT
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