

SENIOR FITNESS & ROCK STEADY BOXING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROCK STEADY BOXING	ROCK STEADY BOXING	ROCK STEADY BOXING	ROCK STEADY BOXING	ROCK STEADY BOXING		
10:30am (WHITE TEAM)	1:15pm (BLACK TEAM SF COMBO)	10:30am (WHITE TEAM)	1:15pm (BLACK TEAM SF COMBO)	10:30am (WHITE TEAM)		
11:45am (RED TEAM)	2:30pm (GRAY TEAM)	11:45am (RED TEAM)	2:30pm (GRAY TEAM)	11:45am (RED TEAM)		
1:00pm (BLACK TEAM)		1:00pm (BLACK TEAM)		1:00pm (BLACK TEAM)		
2:30pm (GRAY TEAM)		2:30pm (GRAY TEAM)				
SENIOR FITNESS	SENIOR FITNESS	SENIOR FITNESS	SENIOR FITNESS	SENIOR FITNESS		
1:00pm	1:15pm (RSB COMBO)	1:00pm	1:15pm (RSB COMBO)	1:00pm		



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