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)	1:15рт (вLACK ТЕАМ SF СОМВО)	10:30am (WHITE TEAM)	1:15рт (вLACK ТЕАМ SF СОМВО)	10:30am (WHITE TEAM)			
11:45ат (RED ТЕАМ)	2:30pm (GRAY TEAM)	11:45am (RED TEAM)	2:30pm (GRAY TEAM)	11:45am (RED TEAM)			
1:00рт (BLACK ТЕАМ)		1:00рт (BLACK ТЕАМ)		1:00рт (BLACK ТЕАМ)			
2:30pm (GRAY TEAM)		2:30pm (GRAY TEAM)					
SENIOR FITNESS	SENIOR FITNESS	SENIOR FITNESS	SENIOR FITNESS	SENIOR FITNESS			
1:00pm	1:15рт (RSB сомво)	1:00pm	1:15pm (RSB сомво)	1:00pm			
	ROCK STEADY BOXINC I0:30am (WHITE TEAM) I1:45am (RED TEAM) I:00pm (BLACK TEAM) 2:30pm (GRAY TEAM) SENIORS	ROCK STEADY BOXINC ROCK STEADY BOXINC 10:30am (WHITE TEAM) 1:15pm (BLACK TEAM) 1:45am (RED TEAM) 2:30pm (GRAY TEAM) 1:00pm (GRAY TEAM) 5ENIORS FITNESS SENIORS SENIORS 1:00pm	Image: Note of the system I	Image: Note of the system I	Image: Marking and	Image: Construct of the structureImage: ConstructureImage: Constructure	Image: Construct of the sector of the sect



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