

ROCK STEADY BOXING SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30am <i>Rock Steady</i> <i>Boxing All Levels</i> Kim 90 minutes TRX Studio	2:00pm <i>Rock Steady</i> <i>Boxing All Levels</i> Kim 90 minutes TRX Studio	10:30am <i>Rock Steady</i> <i>Boxing All Levels</i> Kim 90 minutes TRX Studio	2:00pm <i>Rock Steady</i> <i>Boxing All Levels</i> Kim 90 minutes TRX Studio	10:30am <i>Rock Steady</i> <i>Boxing All Levels</i> Kim 90 minutes TRX Studio	10:30am <i>Rock Steady</i> <i>Boxing Levels</i> <i>1+2+3</i> Kim 90 minutes TRX Studio	
1:30pm <i>Rock Steady</i> <i>Boxing Levels</i> <i>1+2</i> Kim 90 minutes TRX Studio		1:30pm <i>Rock Steady</i> <i>Boxing Levels</i> <i>1+2</i> Kim 90 minutes TRX Studio		1:30pm <i>Rock Steady</i> <i>Boxing Levels</i> <i>1+2 EXPRESS</i> Leslie 90 minutes TRX Studio		

