

# ROCK STEADY BOXING SCHEDULE

## ROCK STEADY BOXING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10:30am</b> <i>Rock Steady</i> <b>Boxing All Levels</b> Kim 90 minutes TRX Studio	<b>2:00pm</b> <i>Rock Steady</i> <b>Boxing All Levels</b> Kim 90 minutes TRX Studio	<b>10:30am</b> <i>Rock Steady</i> <b>Boxing All Levels</b> Kim 90 minutes TRX Studio	<b>2:00pm</b> <i>Rock Steady</i> <b>Boxing All Levels</b> Kim 90 minutes TRX Studio	<b>10:30am</b> <i>Rock Steady</i> <b>Boxing All Levels</b> Ausley 90 minutes TRX Studio	<b>10:30am</b> <i>Rock Steady</i> <b>Boxing Levels</b> 1+2+3 Alternating Instructor 90 minutes TRX Studio	
<b>1:30pm</b> <i>Rock Steady</i> <b>Boxing Levels</b> 1+2 Kim 90 minutes TRX Studio		<b>1:30pm</b> <i>Rock Steady</i> <b>Boxing Levels</b> 1+2 Kim 90 minutes TRX Studio		<b>12:30pm</b> <i>Rock Steady</i> <b>Boxing Levels</b> 1+2 EXPRESS Ausley 60 minutes TRX Studio		