

18 CHURCH STREET, N. ATTLEBORO, MA 02760 RING 617.201.1868

OPEN 24/7!!!

HOME OF "ROCK STEADY BOXING BEAUTIES & BEASTS"

## WINTER 2018 SCHEDULE

### MONDAY

<b>7:00 AM</b>	<b>12 ROUNDS BOXING</b>	<b>DENA</b>
<b>10:00 AM</b>	<b>ROCK STEADY BOXING/ PRIVATE CLASS</b>	
<b>6:30 PM</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>SHELLY</b>

### TUESDAY

<b>7:00 AM</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>DENA</b>
<b>5:30 PM</b>	<b>BAGS &amp; BARBELLS</b>	<b>DENA</b>
<b>6:30 PM</b>	<b>ROCK STEADY BOXING/ PRIVATE CLASS</b>	

### WEDNESDAY

<b>7:00 AM</b>	<b>TRADITIONAL BOXING</b>	<b>DENA</b>
<b>6:30 PM</b>	<b>BOXING - Intermediate/Advanced Class</b>	<b>SHELLY</b>

### THURSDAY

<b>7:00 AM</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>DENA</b>
<b>10:00 AM</b>	<b>ROCK STEADY BOXING/ PRIVATE CLASS</b>	
<b>5:30 PM</b>	<b>BOXING 101 - Beginner Class</b>	<b>DENA</b>
<b>6:30 PM</b>	<b>ROCK STEADY BOXING/ PRIVATE CLASS</b>	

### FRIDAY

<b>7AM</b>	<b>BOXING DRILLS</b>	<b>DENA</b>
<b>6 PM</b>	<b>BOXING/CONDITIING/SPARRING</b>	<b>SHELLY</b>

### SATURDAY

<b>7AM</b>	<b>BOXING</b>	<b>DENA</b>
<b>10AM</b>	<b>ROCK STEADY BOXING/ PRIVATE CLASS</b>	

