

STRIKING BEAUTIES
WINTER 2020 SCHEDULE (2/10/20 Update)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM 60 minutes	12 ROUNDS BOXING BOOTCAMP		TRADITIONAL BOXING		BOXING DRILLS		
9:00 AM		KICKBOXING <i>Michelle</i>	STRENGTH/ CONDITIONING RSB WEIGHTS BY INVITATION		STRENGTH/ CONDITIONING RSB WEIGHTS BY INVITATION	12 ROUNDS Bootcamp	
10:00 AM	ROCKSTEADY BY INVITATION			ROCKSTEADY BY INVITATION		ROCKSTEADY BY INVITATION	
3:30 PM							
4:30 PM	BOXING		12 ROUNDS BOXING BOOTCAMP				
5:30 PM	50/50	Boxing 101		STRENGTH & CONDITIONING			
6:00 PM	SPARRING* USA BOXING BOOK REQ'D <i>Shelly</i>		BOXING <i>Shelly</i>				
6:30 PM		ROCKSTEADY		ROCKSTEADY BY INVITATION			
7:00 PM 60 minutes	KICKBOXING <i>Michelle</i>		KICKBOXING <i>Michelle</i>				