STRIKING BEAUTIES NORTH ATTLEBORO
2018 Summer SCHEDULE
Effective 7/1/18

MONDAY Time Class Instructor

7:15-8:00 AM	**BOXING 101**	**Dena**
** 10:00 - 11:00 am ROCK STEADY BOXING Dena		
6:00 PM - 7:00 PM	**SHELITO'S WAY**	**SHELLY VINCENT**

TUESDAY Time Class Instructor

7:15-8:00 AM	**STRENGTH & CONDITIONING**	**Dena**
5:30 - 6:30 pm BAGS & BARBELLS		**Dena**
** **6:30 - 7:30 pm** ROCK STEADY BOXING		

WEDNESDAY Time Class Instructor

7:15-8:00 AM	**BOXING**	**Dena**
**** 10:00 - 11:00 am ROCK STEADY BOXING**		
6:00 - 7:00pm MANFREDO'S BOXING		**Peter Manfredo, Sr**

THURSDAY Time Class Instructor

7:15-8:00 AM	**STRENGTH & CONDITIONING**	**Dena**
5:30 - 6:30 pm	**BOXING 101**	**Dena**
**** 6:30 - 7:30 pm ROCK STEADY BOXING**		

FRIDAY Time Class Instructor

7:15-8:00 AM	**12 ROUNDS**	**Dena**
6:00 - 7:00 pm ABC 60 (ABS, BOOTY & CHISELED ARMS)		

SATURDAY Time Class Instructor

8:30 - 9:30 am	**STRIKING BEAUTIES' TRADITIONAL BOXING**	**Dena**
**** 10:00 - 11:00 am ROCK STEADY BOXING**		

SUN CLOSED

*****ALL BEGINNERS MUST FIRST SIGN UP FOR PRIVATE INTRO BOXING by APPOINTMENT*****

Ring 508.699.5425 18 Church Street, North Attleboro, MA www.strikingbeauties.com

**** Private Class**

* PRE-REGISTRATION REQUIRED for ALL CLASSES *

Simply TEXT 617.201.1868 your name and class to attend