

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

OPEN 24/7!!!

HOME OF "ROCK STEADY BOXING BEAUTIES & BEASTS"

WINTER 2019 SCHEDULE

MONDAY

7:00 AM	12 ROUNDS BOXING	DENA
10:00 AM	ROCK STEADY BOXING/ PRIVATE CLASS	
6:00 PM	STRENGTH & CONDITIONING	SHELLY

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

7AM	BOXING DRILLS	DENA
6:30 PM	CO-ED BOXING	SHELLY

SATURDAY

8:30 AM	BOXING	DENA
10AM	ROCK STEADY BOXING/ PRIVATE CLASS	

