

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

OPEN 24/7!!!

HOME OF "ROCK STEADY BOXING BEAUTIES & BEASTS"

FALL/WINTER 2018 SCHEDULE

MONDAY

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

TUESDAY

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

WEDNESDAY

7:00 AM	STRENGTH & CONDITIONING	DENA
6:00 PM	BOXING - Intermediate/Advanced Class	SHELLY

THURSDAY

7:00 AM	BOXING	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	STRENGTH & CONDITIONING	DENA
6 PM	BOXING/CONDITIING/SPARRING	SHELLY

SATURDAY

7AM	BOXING	DENA
10AM	ROCK STEADY BOXING/ PRIVATE CLASS	

