

**STRIKING BEAUTIES
NOVEMBER/DECEMBER SCHEDULE (11/25/19 Update)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM 60 minutes	12 ROUNDS BOXING BOOT- CAMP <i>Dena</i>	STRENGTH & CONDITIONING <i>Dena</i>	TRADITIONAL BOXING <i>Dena</i>	STRENGTH & CONDITIONING <i>Dena</i>	BOXING DRILLS <i>Dena</i>		
9:00 AM 60 minutes			RSB WEIGHTS BY INVITATION		RSB WEIGHTS BY INVITATION	SPONTANEOUS COMBUSTION <i>Lynda</i>	
9:15 AM 60 minutes	POUND/BARRE <i>Sandy</i>	STRENGTH & CONDITIONING <i>Lynda</i>			Cardio KICKBOXING <i>Lynda</i>		
10:00 AM 60 minutes	ROCKSTEADY BY INVITATION			ROCKSTEADY BY INVITATION		ROCKSTEADY BY INVITATION	
5:30 PM 30/60	30/BOXING <i>Marina</i>	60/Cardio KICKBOXING <i>Lynda</i>	30/Boxing 101 <i>Dena</i>	PUMP FITNESS <i>Rachel</i> 60 mins			
6:00 PM 30 minutes	FULL BODY CONDITIONING <i>Marina</i> ----- SPARRING* USABOXING BOOK REQ'D <i>Shelly</i>		BOXING/60 <i>Shelly</i>				
6:30 PM 60 minutes		ROCKSTEADY BY INVITATION		ROCKSTEADY BY INVITATION			
7:00 PM 60 minutes	KICKBOXING <i>Michelle</i>		KICKBOXING <i>Michelle</i>				