



**STRIKING BEAUTIES NORTH ATTLEBORO  
2018 Summer SCHEDULE  
Begins 6/1/18**

<b>MONDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
**	8:15 - 9:15 AM	BOXING 101	Dena
	10:00 - 11:00 am	ROCK STEADY BOXING	Dena
	6:00 PM - 7:00 PM	SHELITO'S WAY	SHELLY VINCENT
<b>TUESDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
	8:15 - 9:15 AM	BY APPOINTMENT	
	5:30 - 6:30 pm	BAGS & BARBELLS	
	6:30 - 7:30 pm	ROCK STEADY BOXING	
	7:30 - 8:00pm	TABATA 1/2 HOUR	
<b>WEDNESDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
	8:15 - 9:15 AM	BY APPOINTMENT	
**	10:00 - 11:00 am	ROCK STEADY BOXING	
	6:00 - 7:00pm	MANFREDO'S BOXING	Peter Manfredo, Sr
<b>THURSDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
	8:15 - 9:15 AM	BY APPOINTMENT	
**	5:30 - 6:30 pm	BOXING 101	Dena
	6:30 - 7:30 pm	ROCK STEADY BOXING	
	7:30 - 8:00 pm	TABATA 1/2 HOUR	Dena
<b>FRIDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
	8:15 - 9:15 AM	12 ROUNDS	Dena
	6:00 - 7:00 pm	ABC 60 (ABS, BOOTY & CHISELED ARMS)	
<b>SATURDAY</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
**	8:30 - 9:30 am	STRIKING BEAUTIES' TRADITIONAL BOXING	
	10:00 - 11:00 am	ROCK STEADY BOXING	Dena
<b>SUN</b>	<b>CLOSED</b>		

\*\*\*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](http://www.strikingbeauties.com)  
 \*\* Private Class

\* PRE-REGISTRATION REQUIRED for ALL CLASSES \*  
 Simply TEXT 617.201.18



**STRIKING BEAUTIES NORTH ATTLEBORO**  
**2018 Summer SCHEDULE**  
**Begins 6/1/18**