

**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](http://www.strikingbeauties.com)

\*\* Private Class

**\* PRE-REGISTRATION REQUIRED for ALL CLASSES \***  
**Simply TEXT 617.201.1868 your name and class to attend**