

**STRIKING BEAUTIES
 SPRING/SUMMER SCHEDULE (6/23/19 Update)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM 60 minutes	12 ROUNDS BOXING BOOTCAMP	TONED & CONDITIONED	TRADITIONAL BOXING	TONED & CONDITIONED	BOXING DRILLS		
8:30 AM 60 minutes						12 ROUNDS BOXING BOOTCAMP	
9:00 AM 60 minutes	12 ROUNDS BOXING BOOTCAMP	KICKBOXING <i>Michelle</i> ----- STRIKERS 30 <i>Haley</i>	ROCKSTEADY INVITATION ONLY	KICKBOXING <i>Michelle</i> ----- STRIKERS 30 <i>Haley</i>			
10:00 AM 60 minutes	ROCKSTEADY INVITATION ONLY			ROCKSTEADY INVITATION ONLY		ROCKSTEADY INVITATION ONLY	
5:00 PM 30/60 minutes	BOOTY TIME 30 mins. ----- STRIKERS 30 <i>Haley</i>		ABS & ARMS 30 mins. ----- STRIKERS 30 <i>Haley</i>				
5:30 PM 30 /60 minutes	ABS & ARMS 30 mins.	BOXING 101 60 mins.	BOOTY TIME 30 mins.	PUMP FITNESS <i>RACHEL</i> 60 mins			
6:00 PM 60 minutes	CORE CONDITIONING Shelly		ADVANCED BOXING Shelly		COED BOXING Shelly		
6:30 PM 60 minutes		ROCKSTEADY INVITATION ONLY		ROCKSTEADY INVITATION ONLY			
7:00 PM 60 minutes	KICKBOXING <i>Michelle</i>		KICKBOXING <i>Michelle</i>				

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