



Please Download Our FREE App for up-to-date schedules

Monday

9:30-10:30am Boxing Drills **PreRegister**

4:30-5:30pm RSB Parkinson's (Maddie)

5:30-6pm **Lil Strikers age 6-12** (Ray)

6-7 pm Boxing Bootcamp (George)

7-8 pm Beginner Boxing (George)

Thursday

6-7pm Boxing Drills (George)

7-8pm Beginner Boxing (George)

Tuesday

4:30-5:30pm Tabata Body & Boxing (Mary)

5:30-6pm Upper Body Burn (Regina)

6-6:30pm INSANITY LIVE (Regina)

Friday

9:30-10:30am Boxing Bootcamp (Drew)

PreRegister

Wednesday

9:30-10:30am Bootcamp (Drew)

PreRegister

4:30-5:30pm P90x Live (Mary)

5:30-6pm **Lil Strikers age 6-12** (Ray)

6-7pm Power Step Boxing (Ray Jr.)

7-8pm Barre (Lori) **PreRegister (16 only)**

Saturday

8:30-9am Kicking Butt (Regina) **PreRegister**

9-10am Saturday Boxing Special (George)

10-10:45am **Strikers/Lil Strikers (6-12)**

(George)

11-12noon RSB Parkinson's (George)

Sunday

9-10am Boxing Bootcamp (Ray)

CHECK THE APP WEEKLY FOR SPECIAL CLASS ADDITIONS

5:30am, 6am, 9:30am, AND 4:30pm CLASSES!