

ROCK STEADY BOXING SPRING 2022 SCHEDULE

IN-PERSON CLASSES

MONDAY thru SATURDAY 10:00 am

(* Caution Tues/Thur 10am classes are more vigorous)

MONDAY 7:00 pm

and

WEDNESDAY 6:00 pm

ZOOM CLASSES

Monday	6 pm	YOGA w/ Kelly
Tuesday	11 am	“Tabata” Tuesday
Wednesday	10 am	Strength Training
Thursday	7 am	YOGA w/ Kelly
“	11 am	Boxing, etc.
Friday	11 am	Boxing, etc.
Saturday	11 am	Boxing, etc.