

-- SUMMER 2021 --
ROCK STEADY BOXING SCHEDULE
 effective 6/1/21

TIMES	MONDAY	TUESDAY	WEDN'DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM		GROUP A LIVE TABATA BOXING & more	GROUP A LIVE STRENGTH training		GROUP A LIVE BOXING & more	GROUP A & GROUP B LIVE & ZOOM	
10:30 AM		GROUP B LIVE CLASS & ZOOM TABATA BOXING w/Dena/ Nancy	GROUP B LIVE CLASS		GROUP B LIVE CLASS & ZOOM TABATA BOXING w/Dena/ Nancy		
11:00 AM			ZOOM STRETCH w/Marina	ZOOM CHAIR YOGA w/Kelly			
6:00 PM			GROUP A LIVE CLASS				
7:00 PM	GROUP A LIVE CLASS						

GROUP As will attend **9:30 am** classes

GROUP Bs will attend **10:30 am** classes

ZOOM : **WEDNESDAY** @ 11 w/ Marina, **THURSDAY** @ 11 w/ Kelly & **SATURDAY** @ 9:30

***** NEW ZOOM TIME - TUES & FRIDAY @ 10:30AM**