



Rock Steady Boxing Classes

As of March 1st 2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In-Person Classes MIXED Level	10:00 - 11:30 AM	N/A	10:00 - 11:30 AM	N/A	10:00 - 11:30 AM All Together HYBRID	10:00 - 11:30 AM
In-Person Classes Amped up	N/A	9:00 - 10:00 AM	N/A	9:00 - 10:00 AM	N/A	N/A
In-Person Classes Get it Done	N/A	11:00 AM - 12:00 PM	N/A	11:00 AM - 12:00 PM	N/A	N/A
Zoomers	11:00 AM - 12:00 PM	N/A	N/A	10:00 AM - 11:00 AM	10:00 - 11:00 AM All Together HYBRID	N/A

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