



Rock Steady Boxing Classes

As of October 1st, 2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In-Person Classes	10:00 - 11:30 AM	10:00 - 11:30 AM	10:00 - 11:30 AM & 7:00 - 8:00 PM EO/HP	10:00 - 11:30 AM & 7:00 - 8:00 PM EO/HP	10:00 - 11:30 AM All Together HYBRID	10:00 - 11:30 AM
Zoomers	11:30 AM - 12:30 PM	N/A	11:30 AM - 12:30 PM	N/A	10:00 - 11:00 AM All Together HYBRID	N/A
All Together In Studio + Zoom	N/A	N/A	N/A	N/A	10:00 AM Start Time	N/A

EO = Early Onset
HP = High Performing

Zoom Code: 8733312236
Password: gloveup20

822 Petaluma Blvd. North
Petaluma, CA 94952
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