



Rock Steady Boxing Classes

Starting October 1st, 2022

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	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	All Together HYBRID	11:30 AM - 12:30 PM
All Together In Studio + Zoom	N/A	N/A	N/A	N/A	11 AM - 12 PM	N/A

Zoom Code: 8733312236

Password: gloveup20

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