



Rock Steady Boxing Classes

| 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 | <u>10:00 - 11:00 AM</u> All Together HYBRID | 10:00 - 11:00 AM |
| In-Person Classes Amped up | N/A | 9:00 - 10:00 AM | 8:00 - 9:00 AM | 9:00 - 10:00 AM | N/A | N/A |
| In-Person Classes NEW TIME Box & Balance | N/A | 10:00 AM - 11:00 AM | N/A | N/A | N/A | N/A |
| Zoomers | 10:00 AM - 11:00 M | N/A | 10:00 AM - 11:00 AM | N/A | <u>10:00 - 11:00 AM</u> All Together HYBRID | N/A |

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