



Class Schedule



Monday

15 Rounds
5:00-6:00 AM
6:15-7:15 AM

15 Rounds
8:30-9:30 AM
9:45-10:45 AM

Rock Steady RED
11:00-12:30 PM

Senior Class
1:00-2:00 PM

15 Rounds
5:30-6:30 PM
7:00-8:00 PM

30 Min Knockdown
8:15-8:45 PM

Tuesday

15 Rounds
5:00-6:00 AM

30 Min Knockdown
6:15-6:45 AM

15 Rounds
7:00-8:00 AM
8:30-9:30 AM
9:45-10:45 AM

Rock Steady BLUE
11:00-12:30 PM

15 Rounds
4:00-5:00 PM
5:30-6:30 PM
7:00-8:00 PM

Wednesday

15 Rounds
5:00-6:00 AM
6:15-7:15 AM
8:30-9:30 AM
9:45-10:45 AM

Rock Steady RED/BLUE
11:00-12:30 PM

Senior Class
1:00-2:00 PM

15 Rounds
5:30-6:30 PM
7:00-8:00 PM

Thursday

15 Rounds
5:00-6:00 AM

30 Min Knockdown
6:15-6:45 AM

15 Rounds
7:00-8:00 AM
8:30-9:30 AM
9:45-10:45 AM

Rock Steady RED/BLUE
11:00-12:30 PM

15 Rounds
4:00-5:00 PM
5:30-6:30 PM
7:00-8:00 PM (intro)
8:15-9:15 PM

Friday

15 Rounds
5:00-6:00 AM
6:15-7:15 AM
8:30-9:30 AM
9:45-10:45 AM

15 Rounds
4:00-5:00 PM
5:30-6:30 PM

Saturday

15 Rounds
7:30-8:30 AM
8:45-9:45 AM
10:00-11:00 AM

Rock Steady RED/BLUE
11:30-12:30 PM

Sunday

15 Rounds
7:30-8:30 AM
8:45-9:45 AM

30 Min Knockdown
10:00-10:30 AM



1. Download the MindBody App
2. Create a Free Account
3. Search Fit4 Boxing
4. Sign up for class in advance