

16 week Challenge Schedule – 2019

Pick any 3 classes per week – 1 class per day

No pre-registration needed just show up to class

Rondeau's Kickboxing Gloves only are allowed in classes!

www.RKBLIVE.com – (401) 996-5425



Monday

Kickboxing & Cross Training (45min) **9:30 am**

Cross Training (30min) **4:30pm**

Kickboxing & Weights (45min) **6:30 pm**

Kickboxing (30 min) **7:30pm**

Tuesday

Kickboxing (30min) **8:30am**

Cross Training (30min) **10:30am**

Kids Kickboxing **4:30pm**
Ages 7 & up

Cross Training (30min) **5:30 pm**

Fitness Kickboxing & Weights (30 min) **7:30pm**

Wednesday

Fitness Kickboxing & Weights (30 min) **8:30 am**

Meditation Class (donation-based class) **10:30am**

Cross Training (30 min) **4:30pm**

Fitness Kickboxing (45min) **5:30 pm**

Kickboxing (30min) **7:30pm**

Thursday

Kickboxing (30 min) **8:30am**

Fitness Kickboxing (45min) **9:30 am**

Cross Training (30min) **10:30am**

Cross Training (30 min) **4:30pm**

Kids Kickboxing **5:15pm**
Ages 7& up

Kickboxing (30min) **7:30pm**

Friday

Fitness Kickboxing & Weights (30 min) **8:30 am**

Cross Training (30 min) **10:30am**

Fitness Kickboxing & Weights (45min) **5:30 pm**

***Personal TRAINING**
30 min - \$25
Call to make an appt.

Saturday

Cross Training (30 min) **8:30am**

Fitness Kickboxing w/ weights (30 min) **10:30am**

Kids Kickboxing **11:15am**

Sunday

Fitness Kickboxing (30 min) **11:00 am**
(Nick)

Fight Club **SPARRING**
Talk to the Trainers after classes if you want to do sparring!

609 Killingly St. – Johnston, RI
(across from Dunkin Donuts)

(401) 996-5425

PERSONAL TRAINING – MEAL PLANS
GIFT CERTIFICATES AVAILABLE

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