



Monday

SOUL FIGHTER
Kickboxing &
Cross Training
10:00am
(Margie)

SOUL FIGHTER
Kickboxing &
Cross Training
11:00am
(Margie)

***Personal
TRAINING**
30 min - \$25/\$35
Packages
Available

Call to make
an appt. today!

Tuesday

SOUL FIGHTER
Kickboxing &
Cross Training
4:30pm
(Erica)

SOUL FIGHTER
Kickboxing &
Cross Training
5:15pm
(Erica)

SOUL FIGHTER
Kickboxing &
Cross Training
6:00pm
(Erica)

Wednesday

SOUL FIGHTER
Kickboxing &
Cross Training
10:00am
(Margie)

SOUL FIGHTER
Kickboxing &
Cross Training
11:00am
(Margie)

SOUL FIGHTER
Kickboxing &
Cross Training
11:45am
(Bernadette)

SOUL FIGHTER
Kickboxing &
Cross Training
5pm
(Bernadette)

SOUL FIGHTER
Kickboxing &
Cross Training
5:45pm
(Bernadette)

Thursday

SOUL FIGHTER
Kickboxing &
Cross Training
4:30pm
(Erica)

SOUL FIGHTER
Kickboxing &
Cross Training
5:15pm
(Erica)

SOUL FIGHTER
Kickboxing &
Cross Training
6:00pm
(Erica)

Friday

SOUL FIGHTER
Kickboxing &
Cross Training
10:00am
(Margie)

SOUL FIGHTER
Kickboxing &
Cross Training
11:00am
(Margie)

Christina
Rondeau's
One on One
COACHING
-Daily log
-Daily coaching
-Motivation
-Accountability
Call for pricing
401-996-5425

**SoulFighter Kickboxing & Fitness
at Raffa Yoga & Urban Sweat
19 Sharpe Drive -Cranston, RI**

Tel: SF Kickboxing info Only

(401) 996-5425

Raffa Yoga # 463-3335

PERSONAL TRAINING – MEAL PLANS

GIFT CERTIFICATES AVAILABLE

www.soulfighter.store

www.ChristinaRondeau.com

**What is Soul Fighter
Kickboxing & Fitness?**

It is a mix of fitness drills,
weight training & Kickboxing in a 30 minute
class motivating & fun class.

All Fitness Levels, Ages, Shapes & Sizes are
welcome in all classes. Christina Rondeau has
over 30 years experience in the art of Kickboxing
and is a Fitness Celebrity Trainer.