

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

Kickboxing &
Cross Training
(30min)
4:30pm

Kickboxing &
Cross Training
(45min)
6:30 pm

Kickboxing &
Cross Training
(30 min)
7:30pm

Tuesday

Kickboxing
(30min)
8:30am

Cross Training
(30min)
10:30am

Kids Kickboxing
4:30pm
Ages 7 & up

Kickboxing &
Cross Training
(30min)
5:30 pm

Kickboxing &
Cross Training
(30 min)
7:30pm

Wednesday

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

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

Kickboxing &
Cross Training
(30 min)
4:30pm

Fitness
Kickboxing
(45min)
5:30 pm

Kickboxing &
Cross Training
(30min)
7:30pm

Thursday

Kickboxing &
Cross Training
(30 min)
8:30am

Fitness
Kickboxing
(45min)
9:30 am

Kickboxing &
Cross Training
(30 min)
4:30pm

Kids Kickboxing
5:15pm
Ages 7& up

Kickboxing &
Cross Training
(30min)
7:30pm

Friday

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

Kickboxing &
Cross Training
(30 min)
10:30am

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

Saturday

Kickboxing &
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

www.RKBLIVE.com