



Winter 2022 Class Schedule

DAY	TIME	LOCATION	CLASS LEVEL	COACH
MONDAY	11:00 AM	Ron Zalko Fitness 1807 West 1 st Ave	All Levels	Rachel
TUESDAY	9:45 AM	Virtual - Zoom Email us for zoom link!	All Levels	Rachel
WEDNESDAY	11:00 AM	Ron Zalko Fitness 1807 West 1 st Ave	All Levels	Allie
THURSDAY	9:45 AM	Virtual - Zoom Email us for zoom link!	All Levels	Rachel
FRIDAY	11:00 AM	Ron Zalko Fitness 1807 West 1 st Ave	All Levels	Allie

All Levels: This class is open to all boxers. NOTE: This is a busy, relatively fast paced class, and therefore is not recommended for those with significant balance impairments or for those who require physical assistance.