



Winter 2023 Class Schedule

| DAY | TIME | LOCATION | CLASS LEVEL | COACH |
|-----------|----------|--|-------------|--------|
| MONDAY | 11:00 AM | Ron Zalko Fitness 1807 West 1 st Ave | All Levels | Shana |
| 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 | Shana |
| 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 | Shana |

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.