



2024 Class Schedule

DAY	TIME	LOCATION	CLASS LEVEL	COACH
MONDAY Rock Steady Boxing	11:00 AM	Ron Zalko Fitness 1807 West 1 st Ave	All Levels	Allie
TUESDAY Virtual Rock Steady Boxing	9:00 AM	Virtual - Zoom Email us for zoom link!	All Levels	Allie
TUESDAY <i>Peddalling for Parkinson's</i>	10:45 AM	Cadence Cycling & Movement Studio 1644 West 6 th Ave	All Levels	Shana/ Alli
WEDNESDAY Rock Steady Boxing	11:00 AM	Ron Zalko Fitness 1807 West 1 st Ave	All Levels	Allie
FRIDAY Rock Steady Boxing	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.