



ROCK STEADY BOXING SCHEDULE

Effective September 9, 2026

RED CORNER

MON.	9:30-10:30 am
WED.	9:30-10:30 am
FRI.	9:30-10:30 am

BLUE CORNER

MON.	10:45-11:45 am
WED.	10:45-11:45 am
FRI.	10:45-11:45 am

SAT.

10:30-11:30 am

All Corners Combined Class

WHITE CORNER

MON.	12:00-1:00 pm
WED.	12:00-1:00 pm
FRI.	12:00-1:00 pm

FIGHT BACK UH20 WARM WATER POOL

All Corners Combined Class

THURS.

11:00-11:45 am

WMY Member: \$37/month/class
Community Member: \$47/month/class