

ROCK STEADY BOXING EVERY MONDAY, TUESDAY, THURSDAY and FRIDAY from 1 - 2:30p

05

MAY

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 5:30 - 7p Sass 7p - 8p Oilers	2 7 - 8:30 Dultmeier/Miller	3 5:30 - 7:30 Cubs	4
5	6	7	8	9 6 - 7p GHC	10 5:30 - 7:30 Cubs	11
12	13 5:30 - 7p Sass	14	15 5:30 - 7p Sass 7p - 8p Oilers	16 6 - 7p GHC	17 5:30 - 7:30 Cubs	18
19	20	21	22	23 6 - 7p GHC	24 5:30 - 7:30 Cubs	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Monthly Planner

It's okay to take a break.

PERSONAL TRAINING AND WELLNESS