

# RONDEAU'S KICKBOXING

JOHNSTON, RI **SCHEDULE** Summer 2014

[www.RKBLIVE.com](http://www.RKBLIVE.com) – (401) 272-KICK (5425)



Monday

## FITNESS BURN

(Group exercise w/ weights)

9:30 am  
(Colleen)

## Fitness Kickboxing

5:30 pm  
(Rondeau)

## Fitness KICKBOXING & Weights

6:30 pm  
(Shawna)

Tuesday

## Fitness Kickboxing

9:30 am  
(Kate)

## FITNESS PUMP

(Group Exercise w/ Weights)

5:30 pm  
(Rondeau)

## Fitness kickboxing

6:30 pm  
(Rondeau)

## SPARRING CLASS BEGINNERS WANTED

Sparring Class right after 6:30pm class!

7:15 pm

Biggest Loser

Transform You

90 days to a New You!

\*Sign up now!

12 weeks unlimited classes & 6 personal training sessions!

Wednesday

## Fitness Kickboxing & Weights

9:30 am  
(Rondeau)

Kids Kickboxing & Boxing  
5:30 pm

## Fitness Kickboxing & Weights

6:30 pm  
(Colleen)

Thursday

## Fitness Kickboxing

9:30 am  
(Rondeau)

## Fitness Kickboxing

5:45 pm  
(Liz)

## Fitness BURN!

6:30 pm  
(Liz)

Friday

## Fitness Kickboxing & Weights

9:30 am  
(Rondeau)

Kids Kickboxing & Boxing  
5:30 pm

## Fitness Kickboxing

6:30 pm  
(Nick)

Saturday

## Fitness Kickboxing

9:30 am

Kids Kickboxing & Boxing  
9:30 am

Sunday

## Fitness Kickboxing

10:00 am

(Nick)

Kids Kickboxing & Boxing  
10:00 am

## SPARRING CLASS BEGINNERS WANTED

10:45am  
(Nick)

12 Sunnyside Ave. – Johnston, RI

(off Killingly St. behind the shell gas station)

**(401) 272-KICK (5425)**

\$5 for your first class

Drop in card: 5 classes for \$50

No Contract Memberships !!

PERSONAL TRAINING – MEAL PLANS  
GIFT CERTIFICATES AVAILABLE

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