

RONDEAU'S KICKBOXING

JOHNSTON, RI

Fall 2017

www.RKBLIVE.com – (401) 996-5425



Saturday

Cross Training XX
9:00am

Fitness
Kickboxing
9:30 am
(Liz & Shawna)

Kids Kickboxing
10:30am

Sunday

Fitness Kickboxing
10:00 am
(Nick)

Fight Club
SPARRING
11:00am
(Nick)

Thursday

Kickboxing
8:00am

Cross Training XX
8:30am

Fitness
Kickboxing
9:30 am
(Alysia)

Kids Kickboxing

5:15pm
Ages 7& up
(Becky & Victoria)

Fitness Kickboxing
& Weights
6:30 pm
(Victoria)

Friday

8am Yoga
*Drop in fees

Fitness
Kickboxing
& Weights
9:30 am
(Rondeau)

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90 days to a New You!

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12 weeks unlimited
classes & 6 personal
training sessions!

***Personal**
TRAINING
30 min - \$25
Call to make
an appt.

Tuesday

Kickboxing
8:00am

Cross Training XX
8:30am

Fitness
Kickboxing
9:30 am
(Rondeau)

Cross Training XX
10:30am

Kids Kickboxing
4:30pm
Ages 7& up
(Becky)

Cross Training XX
5:30 pm

Kickboxing
with Self Defense
6:30 pm
(Rondeau)

Wednesday

8am YOGA
*Drop in Fees

Fitness
Kickboxing
& Weights
9:30 am
(Rondeau)

Fitness

Kickboxing &
Weights
5:30 pm
(Alysia)

Kickboxing
& Weights
6:30 pm
(Michelle)

Kickboxing
7:30pm

Monday

8am YOGA
*Drop in Fees

Cross Training
9:30 am
(Michelle)

Fitness
Kickboxing
5:30 pm
(Rondeau)

Kickboxing
& Weights
6:30 pm
(Brianna)

Kickboxing
7:30pm

609 Killingly St. – Johnston, RI

(across from Dunkin Donuts)

(401) 996-5425

6 Week GET FIT PROGRAMS

PERSONAL TRAINING – MEAL PLANS
GIFT CERTIFICATES AVAILABLE

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