

RONDEAU'S KICKBOXING

JOHNSTON, RI

Summer 2017

www.RKBLIVE.com – (401) 996-5425



Monday

CROSS TRAINING

(Group exercise w/ weights)

9:30 am

(Michelle)

Kids Kickboxing

4:30pm

Ages 7& up

(Becky)

Fitness Kickboxing

5:30 pm

(Rondeau)

Kickboxing & Cross Training

6:30 pm

(Nick)

Tuesday

Fitness Kickboxing

9:30 am

(Rondeau)

CROSS TRAINING

(Group Exercise with Free Weights)

5:30 pm

(Becky)

Fitness kickboxing

with Reality Self Defense

6:30 pm

(Rondeau)

Sparring

7:15pm

Wednesday

Fitness Kickboxing & Weights

9:30 am

(Rondeau)

Fitness Kickboxing & Weights

5:30 pm

(Alysia)

Kickboxing & Weights

6:30 pm

(Michelle)

Thursday

Fitness Kickboxing

9:30 am

(Rondeau)

Kids Kickboxing

5:15pm

Ages 7& up

(Becky & Victoria)

Fitness Kickboxing & Weights

6:30 pm

(Victoria / Nick)

Friday

Fitness Kickboxing & Weights

9:30 am

(Rondeau)

Biggest Loser

Transform You

90 days to a New You!

*Sign up now!

12 weeks unlimited classes & 6 personal training sessions!

*Personal TRAINING

30 min - \$25

Call to make

an appt.

Saturday

Fitness Kickboxing

9:30 am

(Liz & Shawna)

Sunday

Fitness Kickboxing

10:00 am

(Nick)

FIGHT CLUB SPARRING

11:00am

(Nick)

12 Sunnyside Ave. – Johnston, RI

(off Killingly St. behind the shell gas station)

(401) 996-5425

6 Week GET FIT PROGRAMS

PERSONAL TRAINING – MEAL PLANS

GIFT CERTIFICATES AVAILABLE

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