

RONDEAU'S KICKBOXING

Woonsocket, RI **SCHEDULE** Summer 2014

www.RKBLIVE.com – (401) 272-KICK (5425)



Monday

YOGA

3:45pm
(Lisa)
*1st Yoga
class is Free

**Fitness
Kickboxing**
6:00pm
(Michelle)

Tuesday

**Kids
Kickboxing**
5:45pm

**Fitness
Kickboxing**
6:30pm
(Tina)

ZUMBA
7:30pm
(Yelena)
*\$5 drop in fee

Wednesday

YOGA

5:15pm
(Lisa)
*1st Yoga class
is Free

**Fitness
Kickboxing
& Weights**
6:30pm
(Tiffany)

Thursday

**Fitness
Kickboxing
& Weights**

5:45pm
(Kim)

**Fitness
Kickboxing**
6:30pm
(Tina)

Friday

**Personal
Training**
\$25
per session!

Sign up now and
schedule it at
your
convenience!

**YOGA
GLOW YOGA**
7:15pm-8:15pm
(Lisa)
*1st Yoga
class is Free

Saturday

**Fitness
Kickboxing**
8:30am

**Kids
Kickboxing**
9:30am

Sunday

**YOGA
GLOW YOGA**
6:30pm-7:30pm
(Lisa)
*1st Yoga
class is Free

Check out our
Johnston, RI
schedule for
Sunday Classes and
morning classes all
week long!

562 Cass Ave.
Woonsocket, RI
(401) 272-KICK (5425)

\$5 for your first class
Drop in card: 5 classes for \$50 or buy a Membership!!

PERSONAL TRAINING – MEAL PLANS
GIFT CERTIFICATES AVAILABLE

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