

Rondeau's Kickboxing – 609 Killingly St. – Johnston, RI - Summer 2019 schedule

**www.RKBLIVE.com – (401) 996-5425**



**Monday**

Kickboxing &  
Cross Training  
**9:30 am**  
(Michele)

**Teen Class**  
**Kickboxing &**  
**Empowerment Skills**  
**3:30pm**

Kickboxing &  
Cross Training  
**4:30pm (30min)**  
(Becky)

**Fitness**  
**Kickboxing**  
**5:30 pm**  
(Rondeau)

Kickboxing &  
Cross Training  
**6:30 pm**  
(Cheron)

Kickboxing &  
Cross Training  
**7:30pm (30 min)**  
(Becky)

**Tuesday**

Kickboxing &  
Cross Training  
**8:30am (30min)**  
(Becky)

**Fitness Kickboxing**  
**9:30 am**  
(Becky)

Kickboxing &  
Cross Training  
**10:30am (30min)**  
(Becky)

Kids Kickboxing  
**4:30pm**  
(Becky)

Kickboxing &  
Cross Training  
**5:30 pm (30min)**  
(Rondeau)

Kickboxing  
with Self Defense  
**6:30 pm**  
(Rondeau)

Kickboxing &  
Cross Training  
**7:30pm (30 min)**  
(Cheron)

**Wednesday**

Kickboxing &  
Cross Training  
**8:30am (30min)**  
(Becky)

Kickboxing &  
Cross Training  
**9:30 am**  
(Rondeau)

Kickboxing &  
Cross Training  
**4:30pm (30 min)**  
(Becky)

**Fitness**  
**Kickboxing**  
**5:30 pm**  
(Brianna)

Kickboxing &  
Cross Training  
**6:30 pm (30 min)**  
(Brianna)

Kickboxing &  
Cross Training  
**7:30pm (30min)**  
(Taylor)

**Thursday**

Kickboxing &  
Cross Training  
**8:30am (30 min)**  
(Becky)

**Fitness**  
**Kickboxing**  
**9:30 am**  
(Becky)

Kickboxing &  
Cross Training  
**4:30pm (30min)**  
(Becky)

Kids Kickboxing  
**5:15pm**  
Ages 7& up  
(Becky)

Kickboxing &  
Cross Training  
**6:30 pm**  
(Vicky)

**Fitness Kickboxing**  
**7:30pm (30min)**  
(Vicky)

**Friday**

Kickboxing &  
Cross Training  
**8:30am (30 min)**  
(Becky)

Kickboxing &  
Cross Training  
**9:30 am**  
(Rondeau)

Kickboxing &  
Cross Training  
**10:30am (30 min)**  
(Becky)

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

**Saturday**

Kickboxing &  
Cross Training  
**8:30am (30 min)**  
(Taylor)

**Fitness Kickboxing**  
**9:30 am**  
(Brianna)

Kickboxing &  
Cross Training  
**10:30am (30 min)**  
(Brianna)

Kids Kickboxing  
**11:15am**

**Sunday**

**Fitness Kickboxing**  
**10:00 am**  
(Nick)

**Fitness Kickboxing**  
**11:00am (30min)**  
(Nick)

**Fight Club Sparring**  
Ask a Trainer about  
sparring after any  
class!

**609 Killingly St. – Johnston, RI**

(across from Dunkin Donuts)

**(401) 996-5425**

**16 Week GET FIT PROGRAMS**

**PERSONAL TRAINING – MEAL PLANS**  
**GIFT CERTIFICATES AVAILABLE**

**www.RKBLIVE.com**

What is Kickboxing & Cross Training?

It is a mix of fitness drills,  
weight training & Kickboxing.

All Fitness Levels are welcome in all classes.