RONIN TACTICAL FITNESS SCHEDULE

RONINTACTICALFITNESS.COM (516)887-3746

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00AM						
9:00AM						
10:00 AM	KICKBOXING PAIGE					
11:00AM	STRENGTH & CONDITIONING MARCUS					
12:00PM	KIDS MUAY THAI GINA					
1:00PM						
5:00PM			BOXING COACH JAY		BOXING MARCUS	
6:00PM		BOOTCAMP CONDITIONING SAM	KIDS CONDITIONING SAM	YOGA NARON	STRENGTH & CONDITIONING MARCUS	
7:00PM		MUAY THAI COACH JAY	BOXING COACH JAY	KIDS BOXING COACH JAY	MUAY THAI GINA	
8:00PM		ALL LEVEL SPARRING COACH JAY	KICKBOXING PAIGE	KICKBOXING COACH JAY	BOXING MARCUS	

SATURDAY						
KICKBOXING MARCUS						
KIDS ALL-LEVEL SPARRING COACH JAY						
BOXING COACH JAY						