

RONIN TACTICAL FITNESS SCHEDULE

RONINTACTICALFITNESS.COM

(516)887-3746

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00AM			KICKBOXING COACH JAY		BOXING COACH JAY	
9:00AM						
10:00 AM	FEMALE KICKBOXING PAIGE	BOXING COACH JAY		MUAY THAI COACH JAY		
11:00AM	STRENGTH & CONDITIONING BRIAN					
12:00PM	KIDS MUAY THAI GINA		MUAY THAI HARVEER		KICKBOXING COACH JAY	
1:00PM						
5:00PM			BOXING FUNDAMENTALS RALPH		BOXING DAVID	
6:00PM		BOOTCAMP CONDITIONING SAM	KIDS BOXING COACH JAY	KICKBOXING HARVEER	STRENGTH & CONDITIONING BRIAN	
7:00PM		MUAY THAI COACH JAY	BOXING RALPH	KIDS ANTI-BULLY SAM	BOXING FUNDAMENTALS DAVID	
8:00PM		ALL LEVEL SPARRING COACH JAY	KICKBOXING PAIGE	MUAY THAI GINA	KICKBOXING COACH JAY	

