ROCK STEADY BOXING MONTGOMERY COUNTY

◄ Nov 2026

# December 2026

Jan 2027 ►

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | 1<br>Seated Full Fitness<br>10:00 am – 10:45 am<br>(O) | 2<br>PD 3 – 4 Class<br>2:00 pm – 3:00 pm<br>PD 1 – 2 Class<br>3:30 pm – 4:30 pm<br>(F) | 3 | 4 | 5<br>PD 1 - 4 Class<br>10:30 am – 11:45 am<br>(F) |
| 6 | 7 | 8<br>Seated Full Fitness<br>10:00 am – 10:45 am<br>(O) | 9<br>PD 3 – 4 Class<br>2:00 pm – 3:00 pm<br>PD 1 – 2 Class<br>3:30 pm – 4:30 pm<br>(F) | 10 | 11 | 12<br>PD 1 - 4 Class<br>10:30 am – 11:45 am<br>(F)<br><br>*Holiday Gathering<br>1:00 – 3:00 PM |
| 13 | 14 | 15<br>Seated Full Fitness<br>10:00 am – 10:45 am<br>(O) | 16<br>PD 3 – 4 Class<br>2:00 pm – 3:00 pm<br>PD 1 – 2 Class<br>3:30 pm – 4:30 pm<br>(F) | 17 | 18 | 19<br>**No Class**<br>**(Coaches' Day Off)** |
| 20 | 21 | 22<br>**No Class**<br>**(Gretchen's Day Off)** | 23<br>PD 3 – 4 Class<br>2:00 pm – 3:00 pm<br>PD 1 – 2 Class<br>3:30 pm – 4:30 pm<br>(F) | 24 | 25 | 26<br>PD 1 - 4 Class<br>10:30 am – 11:45 am<br>(F) |
| 27 | 28 | 29<br>**No Class**<br>**(Gretchen's Day Off)** | 30<br>PD 3 – 4 Class<br>2:00 pm – 3:00 pm<br>PD 1 – 2 Class<br>3:30 pm – 4:30 pm<br>(F) | 31 | | |

(F) – Boxing Gym (In-Person Only)  (O) – Virtual Only