



Deerfield Class Schedule

As of: 5/10/18

Location: Movement Revolution

Inside Joy of the Game (behind Deerbrook Mall)

158 S. Waukegan Rd. Deerfield, IL 60015

Monday

Vim & Vigor (adaptive spin)

10:00am-11:00am (all levels welcome)

Neuro Fight Club (boxing + PWR)

12:00pm-1:00pm Level 2/3

Tuesday

Rock Steady Boxing

12:00pm-1:15pm Level 1/2

Wednesday

Vim & Vigor (adaptive spin)

10:00am-11:00am (all levels welcome)

Neuro Fight Club (boxing + PWR)

12:00pm-1:00pm Level 2/3

Small Group Intensive Boxing

5:30pm-6:30pm Level 1

Thursday

Rock Steady Boxing

12:00pm-1:15pm Level 1/2

Friday

Vim & Vigor (adaptive spin)

10:00am-11:00am (all levels welcome)

To Sign Up:

Call (312) 465-3921

Email: Daisy@movement-revolution.com