



class schedule

Lewis Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00am Women-only fitness challenge <small>(appointment required)</small>		5:00am Women-only fitness challenge <small>(appointment required)</small>		8:30 am Women-only fitness challenge <small>(appointment required)</small>
	7:00 am WOD		7:00 am WOD		9:30 am WOD
9:00 am Krav Maga 2		9:30 am Krav Maga intro <small>(appointment required)</small>			
10:00 am Krav Maga 1	10:00 am Women-only fitness challenge <small>(appointment required)</small>	10:00 am Krav Maga 1	10:00 am Women-only fitness challenge <small>(appointment required)</small>	10:00 am Women-only fitness challenge <small>(appointment required)</small>	10:15 am Krav Maga intro <small>(appointment required)</small>
11:00 am CardioXtreme		11:00 am CardioXtreme		11:00 am Yoga	10:45 am Krav Maga 1
		4:45pm Kids Fitness & Self Defense			1st Saturday of each month FREE Women's self defense seminar, 11:45 am
5:30 pm WOD	5:30 pm Krav Maga 2	5:30 pm WOD			
6:30 pm WOD	6:30 pm Krav Maga 1	6:30 pm WOD	6:00 pm Krav Maga intro <small>(appointment required)</small>		
7:30 pm Women-only fitness challenge <small>(appointment required)</small>		7:30 pm Women-only fitness challenge <small>(appointment required)</small>	6:30 pm Krav Maga 1		
			7:30 pm WOD		