



# class schedule

## Lewis Center

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