



class schedule

Gahanna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am Women-only challenge (appointment required)		5:45 am Women-only challenge (appointment required)			8:00 am Women-only challenge (appointment required)
9:00 am Women-only challenge (appointment required)	9:00 am CrossFit 9:30 am Krav Maga intro (appointment required) 10:00 am Krav Maga 1 11:00 am Krav Maga 2	9:00 am Women-only challenge (appointment required)	9:00 am CrossFit	9:00 am Women-only challenge (appointment required) 9:30am <i>Youth Black Belt Club</i> 10:00 am <i>A: Youth Self Defense</i> <i>B: Boxing</i> (with Olympic Gold Medalist Jerry Page)	10:15 am Krav Maga intro (appointment required)
5:30 pm CrossFit 6:00 pm Krav Maga intro (appointment required) 6:30 pm A: Krav Maga 1 C: CrossFit 7:30 pm A: Krav Maga 4+5 C: Women-only challenge (appointment required)	5:30 pm CrossFit 6:30 pm <i>A: Youth Self Defense</i> C: CrossFit	5:30 pm A: Krav Maga 2 C: CrossFit 6:30 pm A: Krav Maga 1 C: CrossFit 7:30 pm A: Boxing (with Olympic Gold Medalist Jerry Page) C: Women-only challenge (appointment required)	5:30 pm CrossFit 6:30 pm <i>A: Youth Self Defense</i> C: CrossFit		10:45 am Krav Maga 1