



class schedule

Gahanna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 am Get Fit Challenge (appointment required)</p>	<p>5:45 am CrossFit</p> <p>7:00 am Get Fit Challenge (appointment required)</p> <p>9:00 am CardioXtreme</p> <p>10:30 am CrossFit</p> <p>11:00 am Krav Maga intro (appointment required)</p> <p>11:30 am Krav Maga 1</p>	<p>5:45 am CrossFit</p> <p>9:00 am Get Fit Challenge (appointment required)</p>	<p>5:45 am CrossFit</p> <p>7:00 am Get Fit Challenge (appointment required)</p> <p>9:00 am CardioXtreme</p> <p>10:30 am CrossFit</p> <p>11:30 am Krav Maga 1</p> <p>12:30 pm Krav Maga 2</p>	<p>9:00 am Get Fit Challenge (appointment required)</p>	<p>8:00 am Get Fit Challenge (appointment required)</p> <p>9:00 am Get Fit Challenge (appointment required) CrossFit</p> <p>10:00 am <i>Youth Self Defense</i> Boxing with Olympic Gold Medalist Jerry Page</p> <p>10:15 am Krav Maga intro (appointment required)</p> <p>10:45 am Krav Maga 1</p>
<p>5:30 pm Krav Maga 2 <i>Youth Self Defense</i> CrossFit</p> <p>6:30 pm Krav Maga 1+Teens Get Fit Challenge (appointment required)</p> <p>7:30 pm Krav Maga 4+5 Brazilian Jiu Jitsu (Fundamentals)</p>	<p>4:45 pm CrossFit Kids+Teens</p> <p>5:30 pm <i>Little Warriors (5:45)</i> CrossFit CardioXtreme</p> <p>6:30 pm Krav Maga 1 <i>Youth Self Defense</i> CrossFit</p> <p>7:30 pm Get Fit Challenge (appointment required) Brazilian Jiu Jitsu (Intermediate)</p>	<p>4:45 pm CrossFit Kids+Teens</p> <p>5:30 pm CrossFit</p> <p>6:00 pm Krav Maga intro (appointment required)</p> <p>6:30 pm Krav Maga 1+Teens Get Fit Challenge (appointment required)</p> <p>7:30 pm Krav Maga 3 Brazilian Jiu Jitsu (Fundamentals)</p>	<p>5:30 pm <i>Youth Self Defense</i> CrossFit CardioXtreme</p> <p>6:30 pm Krav Maga 1 <i>Youth Self Defense</i> CrossFit</p> <p>7:30 pm Get Fit Challenge (appointment required) Brazilian Jiu Jitsu (Intermediate)</p>		<p>1st Saturday of each month FREE Women's self defense workshop, 11:45 am</p> <hr/> <p>Sunday</p> <p>9:30 am Brazilian Jiu Jitsu (All levels)</p>