



# class schedule

## Gahanna

614-861-6213 | TEAMOKM.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:00 am</b> Women-only challenge (appointment required)</p>	<p><b>5:45 am</b> CrossFit</p> <p><b>9:00 am</b> CrossFit</p> <p><b>9:30 am</b> Krav Maga intro (appointment required)</p> <p><b>10:00 am</b> Krav Maga 1</p> <p><b>11:00 am</b> Krav Maga 2</p>	<p><b>5:45 am</b> CrossFit</p> <p><b>9:00 am</b> Women-only challenge (appointment required)</p>	<p><b>5:45 am</b> CrossFit</p> <p><b>9:00 am</b> CrossFit</p>	<p><b>9:00 am</b> Women-only challenge (appointment required)</p>	<p><b>8:00 am</b> Women-only challenge (appointment required)</p> <p><b>9:00 am</b> CrossFit</p> <p><b>10:00 am</b> <i>A: Youth Self Defense</i> <i>B: Boxing</i> with Olympic Gold Medalist Jerry Page</p> <p><b>10:15 am</b> Krav Maga intro (appointment required)</p> <p><b>10:45 am</b> Krav Maga 1</p>
<p><b>5:30 pm</b> <i>A: Youth Self Defense</i> B: Krav Maga 2 C: CrossFit</p> <p><b>6:30 pm</b> A: Krav Maga 1+Teens C: CrossFit</p> <p><b>7:30 pm</b> Women-only challenge (appointment required)</p>	<p><b>5:30 pm</b> CrossFit</p> <p><b>6:30 pm</b> <i>A: Youth Self Defense</i> B: Krav Maga 1 C: CrossFit</p>	<p><b>4:45 pm</b> CrossFit Teens</p> <p><b>5:30 pm</b> <i>A: Youth Self Defense</i> C: CrossFit</p> <p><b>6:00 pm</b> Krav Maga intro (appointment required)</p> <p><b>6:30 pm</b> <i>A: Youth Self Defense</i> B: Krav Maga 1+Teens C: CrossFit</p> <p><b>7:30 pm</b> Women-only challenge (appointment required)</p>	<p><b>5:30 pm</b> CrossFit</p> <p><b>6:30 pm</b> B: Krav Maga 1 C: CrossFit</p>	<p><b>4:30 pm</b> Women-only challenge +CrossFit</p> <p><b>5:30 pm</b> <i>A: Youth Self Defense</i> C: CrossFit</p>	<p>1st Saturday of each month FREE Women's self defense workshop, 11:45 am</p> <hr/> <p style="text-align: center;"><b>Sunday</b></p> <p><b>10:00 am</b> Yoga</p>