



class schedule

Gahanna

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 am Women-only challenge (appointment required)</p>	<p>5:45 am CrossFit</p> <p>9:00 am CrossFit</p> <p>9:30 am Krav Maga intro (appointment required)</p> <p>10:00 am Krav Maga 1</p> <p>11:00 am Krav Maga 2</p>	<p>5:45 am CrossFit</p> <p>9:00 am Women-only challenge (appointment required)</p>	<p>5:45 am CrossFit</p> <p>9:00 am CrossFit</p>	<p>9:00 am Women-only challenge (appointment required)</p>	<p>8:00 am Women-only challenge (appointment required)</p> <p>9:00 am CrossFit</p> <p>10:00 am <i>A: Youth Self Defense</i> B: 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 <i>A: Youth Self Defense</i> B: Krav Maga 2 C: CrossFit</p> <p>6:30 pm A: Krav Maga 1+Teens C: CrossFit</p> <p>7:30 pm A: Krav Maga 3+4 C: Women-only challenge (appointment required)</p>	<p>5:30 pm CrossFit</p> <p>6:30 pm <i>A: Youth Self Defense</i> B: Krav Maga 1 C: CrossFit</p> <p>7:30 pm Yoga</p>	<p>5:30 pm <i>A: Youth Self Defense</i> C: CrossFit</p> <p>6:00 pm Krav Maga intro (appointment required)</p> <p>6:30 pm <i>A: Youth Self Defense</i> B: Krav Maga 1+Teens C: CrossFit</p> <p>7:30 pm Women-only challenge (appointment required)</p>	<p>5:30 pm CrossFit</p> <p>6:30 pm B: Krav Maga 1 C: CrossFit</p>	<p>5:30 pm <i>Youth Self Defense:</i> <i>Black Belt Club</i></p>	<p>1st Saturday of each month FREE Women's self defense workshop, 11:45 am</p>