



# class schedule

## Lewis Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:00 am</b> Krav Maga 2</p> <p><b>10:00 am</b> Krav Maga 1</p> <p><b>11:00 am</b> CardioXtreme Bootcamp (appointment required)</p>	<p><b>Like morning classes?</b> Check out our Gahanna schedule on Tuesdays and Thursdays!</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> CardioXtreme Bootcamp (appointment required)</p>	<p><b>Like morning classes?</b> Check out our Gahanna schedule on Tuesdays and Thursdays!</p>	<p><b>10:00 am</b> Kids' Fitness</p> <p><b>11:00 am</b> CardioXtreme Bootcamp (appointment required)</p>	<p><b>8:30 am</b> WOD</p> <p><b>9:30 am</b> WOD</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>5:45 pm</b> WOD</p> <p><b>6:45 pm</b> WOD</p>	<p><b>5:45 pm</b> Krav Maga 3</p> <p><b>6:45 pm</b> Krav Maga 1</p> <p><b>7:45 pm</b> Krav Maga 2</p>	<p><b>5:45 pm</b> WOD</p> <p><b>6:45 pm</b> WOD</p>	<p><b>6:15 pm</b> Krav Maga intro (appointment required)</p> <p><b>6:45 pm</b> Krav Maga 1</p>		<p>1st Saturday of each month FREE Women's self defense seminar, 11:45 am</p>