



class schedule

Lewis Center

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