



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</p>	<p>10:00 am Women-only fitness challenge <small>(appointment required)</small></p> <p>11:00 am WOD</p>	<p>9:30 am Krav Maga intro <small>(appointment required)</small></p> <p>10:00 am Krav Maga 1</p> <p>11:00 am CardioXtreme</p> <p>4:45 pm Kids' fitness</p>	<p>10:00 am Women-only fitness challenge <small>(appointment required)</small></p> <p>11:00 am WOD</p>	<p>10:00 am Women-only fitness challenge <small>(appointment required)</small></p> <p>11:00 am CardioXtreme</p>	<p>8:30 am Women-only fitness challenge <small>(appointment required)</small></p> <p>9:30 am WOD</p> <p>10:15 am Krav Maga intro <small>(appointment required)</small></p> <p>10:45 am Krav Maga 1</p>
<p>5:30 pm WOD</p> <p>6:30 pm WOD</p> <p>7:30 pm Women-only fitness challenge <small>(appointment required)</small></p>	<p>5:30 pm Krav Maga 2</p> <p>6:30 pm Krav Maga 1</p>	<p>5:30 pm WOD</p> <p>6:30 pm WOD</p> <p>7:30 pm Women-only fitness challenge <small>(appointment required)</small></p>	<p>6:00 pm Krav Maga intro <small>(appointment required)</small></p> <p>6:30 pm Krav Maga 1</p>		<p>1st Saturday of each month FREE Women's self defense seminar, 11:45 am</p>