

DefenseWise Fitness Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|------------|---------|------------|----------|------------|----------|
| 10:00 - 11:30 a.m. | | | | | Yoga Class | |
| 1:30 - 2:30 p.m. | | | | | | |
| 2:30 - 3:00 p.m. | | | | | | |
| 5:45 - 6:45 p.m. | Kickboxing | | | | | |
| 6:00 - 7:00 p.m. | | | | | Kickboxing | |
| 6:30 - 7:30 p.m. | | | Kickboxing | | | |
| 7:00 - 8:15 p.m. | Yoga Class | | | | | |
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