

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 - 8:30 p.m.	Yoga Class					