



EVOLUTION

Martial Arts ♦ Self Defense ♦ Fitness

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		CrossFit		CrossFit		CrossFit	
7:00am		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
8:00am			Yoga		Yoga		Apprentice
9:15am			Krav Maga All Levels		Krav Maga All Levels		Krav Maga All Levels
11:00am	Yoga						CrossFit
12:00pm		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
12:15pm							Krav Maga All Levels
4:00pm		CrossFit		CrossFit		CF Strength	
5:00pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:00pm		Krav Maga All Levels	CrossFit	Krav Maga All Levels	CrossFit		
7:00pm		Krav Maga Levels 2-3	Krav Maga All Levels	Krav Maga Levels 2-3	Krav Maga All Levels		
8:00pm		Krav Maga All levels	Krav Maga Level 1	Krav Maga All Levels	Krav Maga Level 1		

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