

## Raw Walnut Creek – Strength/Fitness - Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
					9:30 am Strength and Fitness
12:00 pm Strength and Fitness	12:00 pm Strength and Fitness	12:00 pm Strength and Fitness	12:00 pm Strength and Fitness	12:00 pm Strength and Fitness	11 :00 am Strength and Sports
					12 :30 pm Strength and Sports
4:00 pm Strength and Fitness	4:00 pm Strength and Fitness	4:00 pm Strength and Fitness	4:00 pm Strength and Fitness	4:00 pm Strength and Fitness	
5:30 pm Strength and Fitness	5:30 pm Strength and Fitness	5:30 pm Strength and Fitness	5:30 pm Strength and Fitness	5:30 pm Strength and Fitness	
7:00 pm Strength and Fitness	7:00 pm Strength and Fitness	7:00 pm Strength and Fitness	7:00 pm Strength and Fitness	7:00 pm Strength and Fitness	

## Raw Martinez – Sports Performance/Functional Movement – Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10:00 am Functional Movement		10:00 am Functional Movement		10:00 am Functional Movement	
					By appointment only
3:00 pm Sports Performance	3:00 pm Sports Performance	3:00 pm Sports Performance	3:00 pm Sports Performance	3:00 pm Sports Performance	
4:00 pm Sports Performance	4:00 pm Sports Performance	4:00 pm Sports Performance	4:00 pm Sports Performance	4:00 pm Sports Performance	
5:00 pm Sports Performance	5:00 pm Sports Performance	5:00 pm Sports Performance	5:00 pm Sports Performance	5:00 pm Sports Performance	
6:00 pm Sports Performance	6:00 pm Sports Performance	6:00 pm Sports Performance	6:00 pm Sports Performance	6:00 pm Sports Performance	
6:30 pm Sports Performance	6:30 pm Sports Performance	6:30 pm Sports Performance	6:30 pm Sports Performance	6:30 pm Sports Performance	