

Raw Walnut Creek – Strength-Fitness/Strength Training - 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 Training	12:00 pm Strength and Fitness	12:00 pm Strength Training	12:00 pm Strength and Fitness	11 :00 am Strength and Fitness
					12 :30 pm Strength and Fitness
4:00 pm Strength and Fitness	4:00 pm Strength Training	4:00 pm Strength and Fitness	4:00 pm Strength Training	4:00 pm Strength and Fitness	
5:30 pm Strength and Fitness	5:30 pm Strength Training	5:30 pm Strength and Fitness	5:30 pm Strength Training	5:30 pm Strength and Fitness	
7:00 pm Strength and Fitness	7:00 pm Strength Training	7:00 pm Strength and Fitness	7:00 pm Strength Training	7:00 pm Strength and Fitness	

Raw Martinez – Sports Performance/Beginning Strength – Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10:00 am Beginning Strength		10:00 am Beginning Strength		10:00 am Beginning Strength	
2:00 pm Sports Performance	2:00 pm Sports Performance	2:00 pm Sports Performance	2:00 pm Sports Performance	2:00 pm Sports Performance	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	
7:00 pm Sports Performance	7:00 pm Sports Performance	7:00 pm Sports Performance	7:00 pm Sports Performance	7:00 pm Sports Performance	

