

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 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	NEW CLASS! Foundations in Movement	7:00 pm Strength and Fitness	NEW CLASS! Foundations in Movement	7:00 pm Strength and Fitness	

RAW - Martinez – Sports Performance Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
10:00 am Beginning Strength		10:00 am Beginning Strength		10:00 am Beginning Strength	By Appt.	
Sports Performance Training Program 2 pm to 8 pm				2 PM TO 6 PM		11 am to 2 pm