

**KALI**  
**STRENGTH**  
*Superior fitness for women*

# Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
6:00 AM	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat		
7:00 AM	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat		
8:00 AM	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat	
9:00 AM - 4:30 PM	Open Gym + Strength Program	Open Gym + Strength Program	Open Gym + Strength Program	Open Gym + Strength Program	Open Gym + Strength Program	Strength & Sweat	
						Open Gym	
4:30 PM	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat		
5:30 PM	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat	Strength & Sweat		
6:30 PM - 9:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		