

# roswell schedule

**Monday Tuesday Wednesday Thursday Friday Saturday Sunday**

**9:00**

kids krav maga  
core fitness  
cage fitness

**10:00**

combat fitness  
level 2

**11:00**

kettlebell conditioning

level 1

combat fitness

core fitness

level 1

level 3/4

**12:00**

level 1

combat fitness

level 1

cage fitness

**6:00**

women only

level 1

level 2

cage fitness  
kids cage fitness

kettlebell conditioning

level 3

combat fitness

family cage fitness  
kids cage fitness

**7:00**

level 3

level 1

kids krav maga

combat fitness

cage fight

level 1

kids krav maga

level 1

**8:00**

level 4

cage fitness

level 1

level 2