












Living Faith Fitness

1150 W 7th St, Benicia, Ca 94510

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Cheryl's Fit Camp (5:30-6:20)		Cheryl's Fit Camp (5:30-6:20)			
6:30 AM							
7:30 AM						Cheryl's Fit Camp (7:30-8:20)	
8:30 AM						Cardio Sculpt (8:30-9:20)	
1:00 PM							
2:00 PM						 LIVINGFAITHFITNESS	
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM	Womens Muay Thai (6:30-7:20)	Cheryl's Fit Camp (6:00-6:50)	Womens Muay Thai (6:30-7:20)	Cheryl's Fit Camp (6:00-6:50)		  Living Faith Fitness @LivingFaithFitness	 Aerobic Kickboxing Workout
7:00 PM		Womens Muay Thai (7:00-7:50)		Womens Muay Thai (7:00-7:50)			
8:00 PM							
9:00 PM							
10:00 PM							
						 venmo	  linktr.ee/LivingFaithFit

*Class schedule subject to change at any time.

Galatians 2:20

Colossians 2:6-7

Galatians 5:6

Romans 1:17

Hebrews 10:38-39

1 John 3:17-18

School is closed on all national holidays.

Please arrive at the studio at least 15 minutes prior to class.

* linktr.ee/LivingFaithFitness