



# Living Faith Fitness

1150 W 7th St, Benicia, Ca 94510

[www.LivingFaithFitness.com](http://www.LivingFaithFitness.com) | (707) 534-0322 | [LivingFaithFitness@gmail.com](mailto:LivingFaithFitness@gmail.com)



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Cheyl's Fit Camp (5:30-6:20)		Cheyl's Fit Camp (5:30-6:20)			
6:30 AM							
7:30 AM						Cheyl's Fit Camp (7:30-8:20)	
8:30 AM						Cardio Sculpt (8:30-9:20)	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM	Womens Muay Thai (6:30-7:20)	Cheyl's Fit Camp (6:00-6:50)	Womens Muay Thai (6:30-7:20)	Cheyl's Fit Camp (6:00-6:50)			
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							

\*Class schedule subject to change at any time.  
School is closed on all national holidays.

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

*Galatians 2:20*

*Colossians 2:6-7*

*Galatians 5:6*

*Romans 1:17*

*Hebrews 10:38-39*

*1 John 3:17-18*



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venmo



Aerobic Kickboxing Workout



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