

Befoul Fitness Class Schedules

Class	Days	Times
Kettlebell	Tuesday/Thursday	6am & 6pm
WOD	Monday/Friday	6am & 6pm
GPP (General Physical Preparedness)	Wednesday/Saturday	6am & 6pm
Squat/Bench/Deadlift Club	Monday/Wednesday	6am & 6pm
OLY Club	Tuesday/Thursday	6am & 6pm