

# Fitness Schedule

Phone: 502 937 8797		Email: <a href="mailto:Support@derbycitymma.com">Support@derbycitymma.com</a>		<a href="http://DerbyCityMartialArts.com">DerbyCityMartialArts.com</a>		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 PM	Strength & Conditioning		Strength & Conditioning			
6:00 PM		Strength & Conditioning		Strength & Conditioning		