

CLASS SCHEDULE

MON

TUES

WED

THURS

FRI

SAT

6:00A - 6:45A
**COMBAT
FIT CARDIO**

11:30A - 12:15P
**CARDIO FIT
KRAV MAGA**

4:30P - 5:00P
(4-6 Yrs old)
KM Warriors

4:30P - 5:00P
**YOUTH (7-10)
KM Class**

5:00P - 5:45P
**TEEN (11-15)
KM Class**

5:45P - 6:30P
**COMBAT
FIT CARDIO**

6:30P - 7:30P
INTRO KRAV MAGA

6:30P - 7:30P
ADV KRAV MAGA

4:30P - 5:00P
**YOUTH (7-10)
KM Class**

5:00P - 5:45P
**TEEN (11-15)
KM Class**

6:00P - 7:00P
INTRO KRAV MAGA

6:00P - 7:30P
**FIGHT CLASS
(Level 2 + Plus)**

6:00A - 6:45A
**COMBAT
FIT CARDIO**

11:30A - 12:15P
**CARDIO FIT
KRAV MAGA**

4:30P - 5:00P
(4-6 Yrs old)
KM Warriors

4:30P - 5:00P
**YOUTH (7-10)
KM Class**

5:00P - 5:45P
**TEEN (11-15)
KM Class**

5:45P - 6:30P
**COMBAT
FIT CARDIO**

6:30P - 7:30P
INTRO KRAV MAGA

6:30P - 7:30P
ADV KRAV MAGA

4:30P - 5:00P
**YOUTH (7-10)
KM Class**

5:00P - 5:45P
**TEEN (11-15)
KM Class**

6:00P - 7:00P
**WOMENS ONLY
KRAV MAGA**

6:00P - 7:00P
**WEAPONS DEFENSE
INTRO-All LVLS**

9:00A - 9:45A
**COMBAT
FIT CARDIO**

10:00A - 10:45A
**KRAV MAGA
INTRO-All LVLS**

CLASS DISCOUNTS
LAW ENFORCEMENT
FIRE DEPARTMENT
ACTIVE MILITARY

PRIVATE SESSIONS
ALSO AVAILABLE



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