

CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
7:00A - 7:45A CARDIO FIT		7:00A - 7:45A CARDIO FIT			9:00A - 9:45A CARDIO FIT
11:30A - 12:30P KRAV MAGA		11:30A - 12:30P KRAV MAGA			10:00A - 11:00A KRAV MAGA INTRO-ALL LVLS
4:30P - 5:00P (4-6 Yrs old) KM Warriors		4:30P - 5:00P (4-6 Yrs old) KM Warriors			
4:30P - 5:00P YOUTH (7-10) KM Class	4:30P - 5:00P YOUTH (7-10) KM Class	4:30P - 5:00P YOUTH (7-10) KM Class	4:30P - 5:00P YOUTH (7-10) KM Class		
5:00P - 5:45P TEEN (11-15) KM Class	5:00P - 5:45P TEEN (11-15) KM Class	5:00P - 5:45P TEEN (11-15) KM Class	5:00P - 5:45P TEEN (11-15) KM Class		
5:45P - 6:30P CARDIO FIT		5:45P - 6:30P CARDIO FIT			
6:30P - 7:30P INTRO KRAV MAGA	6:00P - 7:00P INTRO KRAV MAGA	6:30P - 7:30P INTRO KRAV MAGA	6:00P - 7:00P WEAPONS DEFENSE		
6:30P - 7:30P ADV KRAV MAGA	6:00P - 7:00P FIGHT CLASS	6:30P - 7:30P ADV KRAV MAGA			

CLASS DISCOUNTS
LAW ENFORCEMENT
FIRE DEPARTMENT
ACTIVE MILITARY

PRIVATE SESSIONS
ALSO AVAILABLE



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