

CLASS SCHEDULE

4-6 YRS OLD
YOUTH/ TEEN
ADULT PROGRAMS

MON

TUES

WED

THURS

FRI

SAT

					9:00A - 9:45A COMBAT CARDIO
MORNING	11:30A - 12:30P ADULT KRAV MAGA		11:30A - 12:30P ADULT KRAV MAGA		11:30A - 12:30P ADULT KRAV MAGA
	4:30P - 5:00P (4-6 YRS OLD) KM WARRIORS		4:30P - 5:00P (4-6 YRS OLD) KM WARRIORS		11:00A - 12:00P KM FIGHT CLASS
AFTERNOON	5:00P - 5:30P YOUTH (7-10) KM CLASS	5:00P - 5:30P YOUTH (7-10) KM CLASS	5:00P - 5:30P YOUTH (7-10) KM CLASS	5:00P - 5:30P YOUTH (7-10) KM CLASS	
	5:00P - 6:00P YOUTH (7-10) ADV CLASS	5:00P - 6:00P YOUTH (7-10) ADV CLASS	5:00P - 6:00P YOUTH (7-10) ADV CLASS	5:00P - 6:00P YOUTH (7-10) ADV CLASS	
	5:30P - 6:00P TEEN (11-16) KM CLASS	5:30P - 6:00P TEEN (11-16) KM CLASS	5:30P - 6:00P TEEN (11-16) KM CLASS	5:30P - 6:00P TEEN (11-16) KM CLASS	
EVENING	6:00P - 6:30P COMBAT CARDIO	6:00P - 6:30P COMBAT CARDIO	6:00P - 6:30P COMBAT CARDIO	6:00P - 6:30P COMBAT CARDIO	
	6:30P - 7:30P ADULT KRAV MAGA	6:30P - 7:30P INTRO FIGHT CLASS	6:30P - 7:30P ADULT KRAV MAGA	6:30P - 7:30P WEAPONS DEFENSE	
		6:30P - 8:00P FIGHT/ BJJ CLASS ADV KRAV MAGA		6:30P - 8:00P ADV KRAV MAGA	

CLASS DISCOUNTS
LAW ENFORCEMENT
FIRE DEPARTMENT
ACTIVE MILITARY

PRIVATE SESSIONS
ALSO AVAILABLE

UNLIMITED MONTHLY TRAINING!!!

KRAV MAGA & CARDIO

ADULT | YOUTH | TEEN

6 Month Term/ \$150. per Month

(4-6 Yrs old) \$100. per Month

2nd Family Member SAVE \$100.

3rd Family Member SAVE \$300.



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