

914 KRAV MAGA TRAINING CENTER

KRAV MAGA • MUAY THAI • BRAZILIAN JIU JITSU • MIXED MARTIAL ARTS • WRESTLING • KIDS CLASSES • FITNESS CLASSES

ADULT WEEKLY TRAINING SCHEDULE

START TIMES	MON	TUES	WED	THUR	FRI	START TIMES	SAT	SUN
6:30AM	FITNESS CONDITIONING	FITNESS CONDITIONING	FITNESS CONDITIONING	FITNESS CONDITIONING	FITNESS CONDITIONING	8:30AM	KRAV MAGA	KRAV MAGA
9:30AM	FITNESS CONDITIONING	FITNESS CONDITIONING	FITNESS CONDITIONING	FITNESS CONDITIONING	FITNESS CONDITIONING	9:30AM	BAG CLASS	SPARRING CLASS
11:00AM	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU	
12:00PM	KRAV MAGA	BAG CLASS	KRAV MAGA	BAG CLASS	KRAV MAGA	12:00PM	FITNESS CONDITIONING	SAT - CLOSE AT 1:30 SUN - CLOSE AT 11:00
	FITNESS CONDITIONING		FITNESS CONDITIONING		FITNESS CONDITIONING			
6:30PM	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	SPARRING CLASS	<ul style="list-style-type: none"> • KRAV MAGA INTERNATIONAL SEMINARS • HENRI HOOFT KICKBOXING SEMINARS • TOP BRAZILIAN JIU JITSU ARTIST SEMINARS • KRAV MAGA PROMOTIONS • PRIVATE LESSONS FOR ALL DISCIPLINES • BOOT CAMP CHALLENGES EVERY 6 WEEKS - WOMEN ONLY 		
	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU				
7:30PM	KRAV MAGA	KRAV MAGA	KRAV MAGA	KRAV MAGA	BAG CLASS			
	MIXED MARTIAL ARTS	MIXED MARTIAL ARTS	MIXED MARTIAL ARTS	MIXED MARTIAL ARTS	BJJ OPEN MAT			
8:30PM	BAG CLASS	FITNESS CONDITIONING	FITNESS CONDITIONING	FITNESS CONDITIONING	FRIDAY CLOSE AT 9:00 PM			

**A PROUD AFFILIATE OF KRAV MAGA INTERNATIONAL
THE MOST AUTHENTIC KRAV MAGA ORGANIZATION IN THE WORLD**



ADULT GYM HOURS ARE FROM 6:00AM - 3:00PM & 6:15PM - 9:30PM

ADULT OPEN MAT IS DURING ALL GYM HOURS WHEN KIDS CLASSES ARE NOT IN SESSION

OUR MATS ARE VERY EXPENSIVE. IF TRAINING IN SNEAKERS, MAKE SURE THEY ARE NEW AND ONLY USED HERE

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KRAV MAGA INTERNATIONAL