



NJ KRAV MAGA

2026 PARAMUS LOCATION SCHEDULE

(Effective Sept. 5, 2026)

CONFIDENCE | FITNESS | DISCIPLINE | REAL DEFENSE | **FOR LIFE**



A STRONGER
SAFER
HAPPIER
YOU

ALL AGES
ALL LEVELS
WELCOME!

TIME	MON	TUES	WED	THURS	FRI	SAT
9:00 AM	KRAV STRENGTH CONDITIONING & KICKBOXING	KRAV STRENGTH CONDITIONING & KICKBOXING	KRAV STRENGTH CONDITIONING & KICKBOXING	KRAV STRENGTH CONDITIONING & KICKBOXING	KRAV STRENGTH CONDITIONING & KICKBOXING	KRAV STRENGTH CONDITIONING & KICKBOXING
10:00 AM						10:15-10:45 AM KINDER KRAV & BJJ (Ages 5-7)
11:00 AM	BJJ (ADULTS) Westwood	NO-GI BJJ Paramus	BJJ (ADULTS) Westwood	NO-GI BJJ (Paramus)		11:00-11:45 AM KIDS KRAV & BJJ (Ages 8-11)
12:00 PM	Krav Maga (adult all levels) Westwood	Krav Maga (adult all levels) Paramus	Krav Maga (adult all levels) Westwood	Krav Maga (adult all levels) Paramus		12:00-12:45 PM TEEN KRAV & BJJ (Ages 12 & up)
4:15-4:45 PM	KINDER KRAV & BJJ (Ages 5-7)	KINDER KRAV & BJJ (Ages 5-7)	KINDER BJJ (Ages 5-7)	KINDER KRAV & BJJ (Ages 5-7)	KINDER KRAV & BJJ (Ages 5-7)	
5:00-5:45 PM	KIDS KRAV & BJJ (Ages 8-11)	KIDS KRAV & BJJ (Ages 8-11)	KIDS BJJ (Ages 8-11)	KIDS KRAV & BJJ (Ages 8-11)	KIDS KRAV & BJJ (Ages 8-11)	
5:45-6:15 PM	KIDS BJJ (Ages 8-11)				KIDS BJJ (Ages 8-11)	
6:15-7:00 PM	BJJ NO-GI	TEEN KRAV & BJJ (Ages 12 & up) (6:00-6:45pm)	BJJ NO-GI	TEEN KRAV & BJJ (Ages 12 & up) (6:00-6:45pm)	BJJ & Grappling Fundamentals	
7:15-8:15 PM	ADULT KRAV (gym 1) Kickboxing Workout (gym 2)	(7:00-8:00pm) ADULT KRAV (gym1) (7:00-7:45pm) Kickboxing workout (gym2)	ADULT KRAV (gym 1) Kickboxing Workout (gym 2)	(7:00-8:00pm) ADULT KRAV (gym1) (7:00-7:45pm) Kickboxing workout (gym2)		
8:00-9:15 PM		BJJ Westwood		BJJ Westwood		

**TRAIN.
GROW.
LEAD.**

- ✓ ALL AGES & LEVELS
- ✓ EXPERT INSTRUCTORS
- ✓ REAL-WORLD SELF DEFENSE
- ✓ FITNESS & CONFIDENCE
- ✓ A STRONGER YOU



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A STRONGER YOU. A SAFER TOMORROW.