



NJ KRAV MAGA

2026 PARAMUS LOCATION SCHEDULE

(Effective June 1, 2026)



TIME	MON	TUES	WED	THURS	FRI	SAT
9:00 AM		KRAV STRENGTH CONDITIONING & KICKBOXING		KRAV STRENGTH CONDITIONING & KICKBOXING		KRAV STRENGTH CONDITIONING & KICKBOXING
10:00 AM						KIDS KRAV (Ages 8-11)
11:00 AM	BJJ (ADULTS) Westwood	NO-GI BJJ Paramus	BJJ (ADULTS) Westwood	NO-GI BJJ (Paramus)		KINDER KRAV (Ages 5-7)
12:00 PM						TEEN KRAV (Ages 12 & up)
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		BJJ OPEN MAT (LOCATION TBA)
4:00-4:30 PM	KINDER KRAV (Ages 5-7)	KINDER KRAV (Ages 5-7)	KINDER KIDS BJJ (Ages 5-7)	KINDER KRAV (Ages 5-7)	KINDER KRAV (Ages 5-7)	
5:00-5:45 PM	KIDS KRAV (Ages 8-11)	KIDS KRAV (Ages 8-11)	KIDS & PRE-TEEN BJJ (Ages 8-14)	KIDS KRAV (Ages 8-11)	KIDS KRAV (Ages 8-11)	
6:00-6:45 PM	ADULT & TEEN KICKBOXING	TEEN KRAV	ADULT & TEEN KICKBOXING	TEEN KRAV	INTRO CLASS	
7:00-8:00 PM	BJJ FOR KRAV Teens & Adults (No-Gi Paramus)	ADULT KRAV	BJJ FOR KRAV Teens & Adults (No-Gi Paramus)	ADULT KRAV		
8:00 PM	ADULT KRAV	BJJ (ADULTS) Westwood	ADULT KRAV	BJJ (ADULTS) Westwood		



**TRAIN.
GROW.
LEAD.**

