


FITMAX
KRAV MAGA
 Self-Defense System



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------------|--------------------------------------|-------------------------------|---|---|
| | | | | | 10am Specialty Seminars (when Scheduled) |
| 12pm Adult All Levels | | 2:15pm Adult All Levels | | 2:15pm Striking Class | |
| | 4:00pm Kids Class | | 4:00pm Kids Class | | |
| 5:30pm Teen Krav Maga | | 5:00pm Teen Krav Maga | | | |
| 6:30pm Intro Class | 6:30pm Adults All Levels | 6pm Striking Class | 6:30pm Adults All Levels | 6pm Striking Class | |
| | | | | | |
| <u>Color Codes:</u> | Striking Class | Kids Class | Sparring Class | Specialty Seminars | Adult All Levels |
| Sparring Class Internal Sign-ups Only | Intro Class | Women's Self- Defense | Teen Krav Maga | Beginner KravMaga - Adults | Advanced Krav Maga Adults |