

FITMAX
KRAV MAGA
 Self-Defense System



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:50am Teen Krav Maga
7:05pm Striking Class	7pm Adult All Levels	7:05pm Teen Krav Maga	7pm Adult All Levels		
<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