

FITMAX
KRAV MAGA
 Self-Defense System



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10am Specialty Seminars (when Scheduled)
	2:15pm Adult All Levels		2:15pm Adult All Levels	2:15pm Striking 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	
Color Codes:	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