

FITMAX
KRAV MAGA
 Self-Defense System



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10am Specialty Seminars (when Scheduled)
7pm Adult All Levels		7pm Adult All Levels			
<u>Color Codes:</u>	Striking Class	Kids Class	Sparring Class	Specialty Seminars	
	Intro Class	Women's Self-Defense	Teen Krav Maga	Adult All Levels	