

KRAV WORKS

FITNESS ● SELF DEFENSE ● FIGHTING

SCHEDULE

E F F E C T I V E N O V / 1 / 2 0 0 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					KRAV MAGA BASIC TRAINING 10:00AM
					KRAV MAGA LEVEL 1 / LEVEL 2 11:00AM
KRAV MAGA OPEN LEVEL 12:30 PM	KRAV MAGA OPEN LEVEL 12:30 PM	KRAV MAGA OPEN LEVEL 12:30 PM	KRAV MAGA OPEN LEVEL 12:30 PM		GRACIE JIU JITSU NOON
KRAV MAGA LEVEL 2 6:30PM	KRAV MAGA LEVEL 1 6:30PM	KRAV MAGA LEVEL 3 6:30PM	KRAV MAGA BASIC TRAINING 6:30PM	KRAV MAGA LEVEL 1 / LEVEL 2 6:30PM	
MUAY THAI 7:30PM	KRAV MAGA BASIC TRAINING 7:30PM	KRAV MAGA LEVEL 2 7:30PM	KRAV MAGA LEVEL 1 7:30PM		
KRAV MAGA LEVEL 1 8:30PM	GRACIE JIU JITSU OPEN MAT 8:30PM	KRAV MAGA LEVEL 1 8:30PM	GRACIE JIU JITSU 8:30PM		