

KRAV MAGA..."a workout that just might SAVE your LIFE" (317) 595 - KRAV/ 5728

www.KRAVMAGAINDY.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00 AM						RM1: GROUND
9:00 - 10:00 AM	LEVEL 2 & 3		LEVEL 3 & 4		BAG/FITNESS	L 2 & 3 / INTRO TO FIGHT
10:00 -11:00 AM	LEVEL 1		LEVEL 1 & 2		LEVEL 1	RM1: BAG/FITNESS
						RM3: LEVEL 1
	CLOSES MID DAY FROM 11:30- 4:00 PM		CLOSES MID DAY FROM 11:30- 4:00 PM		FRIDAY & SATURDAY	RM2: YOUTH KMX *
11:00 -11:45 AM					CLOSES AT 12:00 PM	RM1: KIDS KMX **
4:30 - 5:15 PM				(4:30 - 5:15)		. 0.
4:45 - 5:15 PM	KMX KIDS	KMX KIDS	KMX KIDS	KMX YOUTH LEVEL 1/2	٠	HAPE
5:15 - 6:00 PM	KMX YOUTH LEVEL1/2	KMX YOUTH LEVEL1/2	KMX YOUTH ALL 1-4	KMX YOUTH LEVEL 3/4	Get W	HAPE & Le SAFE
6:00 - 7:00 PM	RM3: LEVEL 1	KMX YOUTH LEVEL 3/4	RM3: LEVEL 1	RM1: KMX KIDS	Go How	
	RM1: LEVEL 2	BAG/FITNESS	RM1: LEVEL 4	RM3: LEVEL 1	Corporate Te	am Building
			RM 2: LEVEL 5		Law Enforcement Military	
7:00 - 8:00 PM	BAG/FITNESS	RM3: LEVEL 1	BAG/FITNESS	BAG/FITNESS	Security Seminars	
	RM2: LEVEL 3	RM1: LEVEL 3	RM3: WEAPONS	RM2: LEVEL 2	Women's Selj	f Defense
	RM3: LEVEL 4				CALL TO SCHEDULE YOUR EVENT TODAY!	
8:00 - 9:00 PM	RM3: LEVEL 1 & 2	RM3: LEVEL 2	RM3: LEVEL 2	RM3: LEVEL 1		

Youth KMX is for students 8 - 13 years of age only: Class is 45 minutes in length * Saturday's class is 60 minutes Kids KMX ... is for students 5 - 7 years of age only: Class is 30 minutes in length. ** Saturday's class is 30 minutes Adult classes are 1 hour in length. For ages 13 years & older.

All minors MUST have a waiver signed by a parent or guardian to participate RM1-3 represent the Room number for classes All classes and/or Instructors are subject to change