

KRAV MAGA™

MARYLAND

self-defense • fitness • fighting

Spring 2010
Effective March 14, 2010

	Monday	Tuesday	Wednesday	Thursday	Saturday
ADULT KRAV MAGA					
Level 1	11:30am - 12:30pm (All Levels) 6:30 - 7:30pm	11:30am - 12:30pm 5:30 - 6:30pm 7:30 - 8:30pm	11:30am - 12:30pm (All Levels) 6:30 - 7:30pm	11:30am - 12:30pm 5:30 - 6:30pm 7:30 - 8:30pm	9:30 - 10:30am
Level 2	5:30 - 6:30pm	10:30 - 11:30am 6:30 - 7:30pm	7:30 - 8:30pm	10:30 - 11:30am 6:30 - 7:30pm	11:30am - 12:30pm
Level 3	6:30 - 7:30pm		5:30 - 6:30pm (L3/4)	6:30 - 7:30pm (L3/4)	10:30 - 11:30am
Level 4/5	6:30 - 7:30pm (L4/5)				10:30 - 11:30am (L4/5)

KRAV MAGA YOUTH TRAINING					
Level 1/2	5:30 - 6:30pm		6:30 - 7:30pm	6:30 - 7:30pm	9:30 - 10:30am
Level 3/4		6:30 - 7:30pm		5:30 - 6:30pm	10:30 - 11:30am

FIGHT					
Basic			7:30-8:30pm		
Advanced	7:30 - 8:30pm				

FITNESS AND CONDITIONING					
KO Heavy Bag	5:30 - 6:30pm		6:30 - 7:30pm		
Krav Fit	7:30 - 8:30pm*	6:30 - 7:30pm	5:30 - 6:30pm	5:30 - 6:30pm	9:30am - 10:30am* 11:30am - 12:30pm
Range of Motion					12:30 - 1:15pm
Max Effort		5:30 - 6:30pm**			

*New Krav Fit classes begin April 1

**Pre-registration is required - schedule is subject to change

Students must be Level 2 or higher to attend Fight Class - full fight gear required

Private Training is available. Contact us for details.

Krav Maga Maryland - Columbia

8865 Stanford Blvd., Suite 141 | Columbia, MD 21045

410-872-9194 | www.kravmd.com

Open Monday - Thursday 10:30am - 9:00pm

Saturday 9:00am - 1:00pm | Closed Friday and Sunday