

KRAV MAGA™

MARYLAND

self-defense • fitness • fighting

Summer 2010
Effective July 5, 2010

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
KRAV MAGA						
All Levels				12:00pm-1:00pm	9:30am-10:30am	9:30am-10:30am
Level 1	12:00pm-1:00pm 7:30pm-8:30pm	5:30pm-6:30pm	12:00pm-1:00pm 7:30pm-8:30pm	5:30pm-6:30pm	11:30am-12:30pm	11:30am-12:30pm
Level 2		7:30pm-8:30pm	6:30pm-7:30pm	6:30pm-7:30pm		
Level 3+	6:30pm-7:30pm			7:30pm-8:30pm		
FIGHT						
Ground Fighting Open Mat				4:30pm-5:30pm**		
Advanced					10:30am-11:30am**	
FITNESS						
KravFit	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm		10:30am-11:30am Intro 10:30am-11:30am* 12:30pm-1:30pm
KO Heavy Bag	5:30pm-6:30pm	12:00pm-1:00pm 6:30pm-7:30pm	5:30pm-6:30pm			10:30am-11:30am
Hot Yoga					1:00pm-2:00pm	
Thai Pad Rounds		5:30pm-6:30pm		5:30pm-6:30pm	11:30am-12:30pm	

*Held 1st Saturday of Every Month - Required before attending KravFit Class.

**Must be Level 2 or higher to attend.

***Pre-registration is required.

All minors must be accompanied by a parent or legal guardian while at the training center.

Krav Maga Maryland - Owings Mills

11299 Owings Mills Blvd. Suite 113 | Owings Mills, MD 21117
410-356-0707 | www.kravmd.com

Open Monday - Thursday 10:00am - 9:00pm
Saturday & Sunday 10:00am- 2:00pm