

KNOCKOUT FIGHTING & FITNESS

2017 CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00						
9:00	Fitness		Fitness		Fitness	
10:00						Krav Maga
11:00						Fitness
12:00						
1:00						
2:00						
3:00						
4:00						
5:00						
6:00		Fitness	Focus Mitt	Krav Maga	Fitness	
7:00		6 week challenge	Krav Maga	6 week challenge	6 week challenge	

Krav Maga	Reality based system based on instinctive movements, designed to teach self defense in the shortest amount of time possible
Fitness/ Conditioning	Unique fitness classes you wont find anywhere else, total body workout, will enhance krav maga training.
6 week challenge	Special fitness class - must sign up ahead of time, no exceptions.
Private Lessons	Private lessons for Krav Maga or Fitness. Krav Maga \$50 per 30 minutes. Fitness \$25 per 30 minutes