



Schedule effective January 3, 2012

| Class | Monday | Tuesday | Wednesday | Thursday |
|--------------------------------------|--------|-----------------|-----------|-----------------|
| Martial Arts (5-12 years old) | | | | |
| Basic | | 4:00 - 4:30pm | | 4:00 - 4:30pm |
| MC | | 4:00 - 5:00pm | | 4:00 - 5:00pm |
| Krav Maga (14 and up) | | | | |
| Basic | | 6:00 - 6:45pm | | 6:00 - 6:45pm |
| Advanced | | 6:00 - 7:00pm | | 6:00 - 7:00pm |
| Cardio Smash | | | | |
| All Levels | | 10:30 - 11:30am | | 10:30 - 11:30am |

www.evolutionbc.com

Krav Maga is the official self defense and fighting system of the Israeli Defense Forces and law-enforcement agencies around the world. Krav Maga emphasizes easy-to-learn techniques that have been battle-tested in real, life-threatening confrontations. There is nothing flashy about the system. It is self defense for a modern world. Krav Maga trains you to deal with real life situations using techniques that can be learned and quickly mastered by anyone, regardless of age, size or previous training.