

KRAV MAGA BC

SELF DEFENSE & FITNESS

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-----------|---------------------------|-----------|---------------------------|-----------|------------|
| 8:00am | | | | | | Apprentice |
| 9:15am | | Krav Maga | | Krav Maga | | |
| 10:00am | | | | | | Krav Maga |
| 6:00pm | Krav Maga | | Krav Maga | | Krav Maga | |
| 7:00pm | | Krav Maga Levels 3 – 4 | | Krav Maga Levels 3 – 4 | | |
| 8:00pm | Krav Maga | Krav Maga | Krav Maga | Krav Maga | | |

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.



EVOLUTION

Martial Arts ♦ Self Defense ♦ Fitness

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