



# class schedule

## Gahanna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>7:00 am</b> CrossFit</p> <p><b>9:00 am</b> Get Fit Challenge (appointment required)</p>	<p><b>5:45 am</b> CrossFit</p> <p><b>7:00 am</b> Get Fit Challenge (appointment required)</p> <p><b>9:00 am</b> CrossFit</p> <p><b>10:30 am</b> CrossFit</p> <p><b>11:00 am</b> Krav Maga intro (appointment required)</p> <p><b>11:30 am</b> Krav Maga 1</p>	<p><b>5:45 am</b> CrossFit</p> <p><b>7:00 am</b> CrossFit</p> <p><b>9:00 am</b> Get Fit Challenge (appointment required)</p>	<p><b>5:45 am</b> CrossFit</p> <p><b>7:00 am</b> Get Fit Challenge (appointment required)</p> <p><b>9:00 am</b> CrossFit</p> <p><b>10:30 am</b> A: Krav Maga 2 C: CrossFit</p> <p><b>11:30 am</b> Krav Maga 1</p>	<p><b>7:00 am</b> CrossFit</p> <p><b>9:00 am</b> Get Fit Challenge (appointment required)</p>	<p><b>8:00 am</b> Get Fit Challenge (appointment required)</p> <p><b>9:00 am</b> CrossFit</p> <p><b>10:00 am</b> A: Youth Self Defense B: Boxing with Olympic Gold Medalist Jerry Page</p> <p><b>10:15 am</b> Krav Maga intro (appointment required)</p> <p><b>10:45 am</b> Krav Maga 1</p>
<p><b>5:30 pm</b> A: Youth Self Defense B: Krav Maga 2 C: CrossFit</p> <p><b>6:30 pm</b> A: Krav Maga 1+Teens C: CrossFit</p> <p><b>7:30 pm</b> A: Brazilian Jiu Jitsu (Fundamentals) B: Adv. Krav Maga* C: Get Fit Challenge (appointment required)</p>	<p><b>4:45 pm</b> CrossFit Kids+Teens</p> <p><b>5:30 pm</b> A: Little Warriors (5:45) C: CrossFit</p> <p><b>6:30 pm</b> A: Youth Self Defense B: Krav Maga 1 C: CrossFit</p> <p><b>7:30 pm</b> A: Brazilian Jiu Jitsu (Intermediate)</p>	<p><b>4:45 pm</b> CrossFit Kids+Teens</p> <p><b>5:30 pm</b> A: Youth Self Defense C: CrossFit</p> <p><b>6:00 pm</b> Krav Maga intro (appointment required)</p> <p><b>6:30 pm</b> A: Youth Self Defense B: Krav Maga 1+Teens C: CrossFit</p> <p><b>7:30 pm</b> A: Brazilian Jiu Jitsu (Fundamentals) B: Adv. Krav Maga* C: Get Fit Challenge (appointment required)</p>	<p><b>5:30 pm</b> CrossFit</p> <p><b>6:30 pm</b> B: Krav Maga 1 C: CrossFit</p> <p><b>7:30 pm</b> A: Brazilian Jiu Jitsu (Intermediate)</p>	<p><b>4:30 pm</b> Get Fit Challenge (appointment required)</p> <p><b>5:30 pm</b> A: Youth Self Defense C: CrossFit</p>	<p>1st Saturday of each month FREE Women's self defense workshop, 11:45 am</p> <hr/> <p><b>Sunday</b></p> <p><b>9:30 am</b> Brazilian Jiu Jitsu Open Roll</p>

effective Sept. 25, 2017

\*Adv. Krav Maga schedule varies each month.

E-mail [terri@ohiokravmaga.com](mailto:terri@ohiokravmaga.com) for this month's advanced training calendar.

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