



class schedule

Gahanna

614-861-6213 | TEAMOKM.COM

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

effective November 1, 2017

*Adv. Krav Maga schedule varies each month.

E-mail terri@ohiokravmaga.com for this month's advanced training calendar.

www.ohiokravmaga.com