



# class schedule

## Gahanna

614-861-6213 | TEAMOKM.COM

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

effective January 1, 2018

\*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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