

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BOOT CAMP 6:30 am - 7:15 am		BOOT CAMP 6:30 am - 7:15 am		BOOT CAMP 6:30 am - 7:15 am		BOOT CAMP 6:30 am - 7:15 am		BOOT CAMP 6:30 am - 7:15 am					
CrossPIT 9:00 am - 10:00 am		CrossPIT 9:00 am - 10:00 am		CrossPIT 9:00 am - 10:00 am		CrossPIT 9:00 am - 10:00 am		CrossPIT 9:00 am - 10:00 am		CrossPIT 9:00 am - 10:00 am			
										JCF COMBO FIT 9:00 am - 10:00 am		BOOT CAMP 9:00 am - 10:00 am	
COMBAT HAPKIDO 10:00 am - 11:00 am		Krav Maga Force Training 10:00 am - 11:00 am (BY APPOINTMENT)		COMBAT HAPKIDO 10:00 am - 11:00 am						Krav Maga 10:00 am - 11:00 am		MUAY THAI 10:00 am - 11:00 am	
										YOUTH SELF DEFENSE 10:15 am - 11:00 am			
Krav Maga 1-4 11:00 am - 12:00 pm		Krav Maga 1-4 11:00 am - 12:00 pm		Krav Maga 1-5 11:00 am - 12:00 pm		Krav Maga 1-4 11:00 am - 12:00 pm		Krav Maga 1-4 11:00 am - 12:00 pm					
Krav Maga 1-4 12:00 pm - 1:00 pm		Krav Maga FEMALE ONLY 12:00 pm - 1:00 pm		Krav Maga Sparring 12:00 pm - 1:00 pm		Krav Maga FEMALE ONLY 12:00 pm - 1:00 pm		Krav Maga Sparring 12:00 pm - 1:00 pm					
CrossPIT 1:00 pm - 2:00 pm		CrossPIT 1:00 pm - 2:00 pm		CrossPIT 1:00 pm - 2:00 pm		CrossPIT 1:00 pm - 2:00 pm		CrossPIT 1:00 pm - 2:00 pm					
BOOT CAMP 4:00 pm - 5:00 pm		BOOT CAMP 4:00 pm - 5:00 pm		BOOT CAMP 4:00 pm - 5:00 pm		BOOT CAMP 4:00 pm - 5:00 pm		BOOT CAMP 4:00 pm - 5:00 pm					
COMBAT HAPKIDO 4:00 pm - 5:00 pm				COMBAT HAPKIDO 4:00 pm - 5:00 pm				COMBAT HAPKIDO 4:00 pm - 5:00 pm					
Krav Maga 1 5:00 pm - 6:00 pm		Krav Maga 1 5:00 pm - 6:00 pm		Krav Maga 1 5:00 pm - 6:00 pm		Krav Maga 1 5:00 pm - 6:00 pm		Krav Maga 1 5:00 pm - 6:00 pm					
		YOUTH SELF DEFENSE 5:15pm - 6:00 pm				CrossPIT 5:15pm - 6:00 pm				YOUTH SELF DEFENSE 5:15pm - 6:00 pm			
Krav Maga 2-4 5:30-7:00pm		Krav Maga 2-4 5:30-7:00pm		Krav Maga 2-4 5:30-7:00pm		Krav Maga 2-4 5:30-7:00pm		Krav Maga Sparring 5:30-7:00pm					
JCF COMBO FIT 6:00 pm - 7:00pm		JCF COMBO FIT 6:00 pm - 7:00pm		JCF COMBO FIT 6:00 pm - 7:00pm		JCF COMBO FIT 6:00 pm - 7:00pm		JCF COMBO FIT 6:00 pm - 7:00pm					
THE PIT 6:00-7:00pm		THE PIT 6:00-7:00pm		THE PIT 6:00-7:00pm		THE PIT 6:00-7:00pm		THE PIT 6:00-7:00pm					
										Krav Maga Weapons 6:00 pm - 7:00 pm			
CrossPIT 7:00 pm - 8:00 pm		CrossPIT 7:00 pm - 8:00 pm		CrossPIT 7:00 pm - 8:00 pm		CrossPIT 7:00 pm - 8:00 pm		CrossPIT 7:00 pm - 8:00 pm					
Krav Maga 1-4 7:00 pm - 8:00 pm		Krav Maga 1-5 7:00 pm - 8:00 pm		Krav Maga 1-5 7:00 pm - 8:00 pm		Krav Maga 1-5 7:00 pm - 8:00 pm		Krav Maga 1-5 7:00 pm - 8:00 pm					
MUAY THAI 8:00 pm - 9:00 pm		MUAY THAI 8:00 pm - 9:00 pm		MUAY THAI 8:00 pm - 9:00 pm		MUAY THAI 8:00 pm - 9:00 pm		MUAY THAI 8:00 pm - 9:00 pm					

DO IT ALL! SM

No Contract Auto-Billing
\$99.00
 Unlimited training in Vanguard Krav Maga®, Combat Hapkido, JCF, THE PIT, CrossPIT Fitness, and Muay Thai.

Other membership rates starting at \$49.95 per month.

*Beginner Krav Maga students may attend Krav Maga Level 1. All Classes are 1 hour unless otherwise specified



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