

MELBOURNE CBD TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MORNING					
6.30 - 7.30		KRAV MAGA General Class <i>All Students</i>		KRAV MAGA General Class <i>All Students</i>	9.00 - 9.45 Krav Junior Kids 5-8 years
EVENING					
6.00 - 7.00	BJJ Sub. Grappling Fighting Skills <i>All Students</i>	KRAV MAGA Induction <i>Trial + Induction</i>	KRAV MAGA Fighting Skills <i>All Students</i>	COMBAT FITNESS 6:15-7:00pm <i>All Students</i>	KRAV MAGA Women's Only Combat Class <i>All Students</i>
7.00 - 8.00	KRAV MAGA General Class <i>All Students</i>	KRAV MAGA General Class <i>All Students</i>	KRAV MAGA Advanced <i>P3 + Invitation</i>	Open Mat <i>All Students</i> SELF-SUPERVISED	KRAV MAGA General Class <i>All Students</i>
					9.45 - 10.30 Krav Junior Junior 9-12 years
					10.30 - 11.30 KRAV MAGA TEENS 13-16 years
					KRAV MAGA General Class <i>All Students</i>
					11.30 - 12.30 Women's Self-Defence Course Level 1 <i>Course Members</i>
					MMA Fighting Skills <i>All Students</i>
					12.30 - 1.30 Women's Self-Defence Course Level 2 <i>Course Members</i>

REGULAR GROUP CLASSES:

- **KRAV MAGA General Class** - All Levels
- **KRAV MAGA Advanced** - P3+ Invite Only - Krav Maga training for higher levels
- **KRAV MAGA WOMENS ONLY COMBAT CLASS** - Fighting skills and drills
- **KRAV MAGA Fighting Skills** - All Levels. Focus on fighting skills and tactics
- **BJJ Submission Grappling** - All Levels. Brazilian Jiu-Jitsu.
- **COMBAT FITNESS** - All Levels. High Intensity Fitness 30 min in duration starting as indicated
- **MMA** - All Levels. Mixed Martial Arts Training incl. Striking Grappling and Ground Fighting.

SPECIAL COURSES AND PROGRAMS:

- **KRAV JUNIOR Kids/Junior** - Krav Maga for children. Kids 5-8, Juniors 9-12, Teens 13+ (supervised in General Class)
- **WOMENS SELF-DEFENCE** - 6 Weeks Speciality Course for Women

NOTE:

- Club is only open on scheduled class times, typically 10 mins before class
- Closed all public holidays
- Schedule subject to change without notice
- Refer calendar for class booking

