



FITNESS - SELF DEFENSE - BJJ

The Krav Gym | (331) 757-8743  
 485 W Boughton Rd, Bolingbrook, IL  
<https://TheKravGym.com>  
 Class Schedule Effective 7-23-20

Fitness and Self-Defense Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ICE Bootcamp 8:00am-8:30am	ICE Bootcamp 8:00am-8:30am	ICE Bootcamp 8:00am-8:30am	ICE Bootcamp 8:00am-8:30am	Seminars and Testing	ICE Bootcamp 9:00am-9:30am
ICE Bootcamp 9:00am-9:30am	ICE Bootcamp 9:00am-9:30am	ICE Bootcamp 9:00am-9:30am	ICE Bootcamp 9:00am-9:30am	Seminars and Testing	
		ICE Bootcamp 5:15pm-5:45pm		Seminars and Testing	BJJ 10:00am-11:00am
ICE Bootcamp 5:15pm-5:45pm	ICE Bootcamp 5:15pm-5:45pm	Krav Maga Intro 6:15pm-6:45pm	ICE Bootcamp 5:15pm-5:45pm	Seminars and Testing	Krav Maga Intro 10:30am-11:00am
	ICE Bootcamp 6:15pm-6:45pm	ICE Bootcamp 6:15pm-6:45pm	ICE Bootcamp 6:15pm-6:45pm	Seminars and Testing	Krav Maga Level 1 11:10am-12:00pm
	BJJ 6:00pm-7:00pm		BJJ 6:00pm-7:00pm	Seminars and Testing	Fight Class 12:00pm-1:00pm
Krav Maga Level 1 6:15pm-6:55pm	Krav Maga Level 1 7:00pm-7:50pm	Krav Maga Level 1 7:00pm-7:50pm	Krav Maga Level 1 7:00pm-7:50pm	Seminars and Testing	
Krav Maga Intermediate 7:05pm-7:55pm	Krav Maga Intermediate 7:55pm-8:45pm	Intro to Fight 7:50pm-8:40pm	Krav Maga Intermediate 7:55pm-8:45pm	Seminars and Testing	

**Call 331.757.8743 to get an intro lesson,  
 a class and a t-shirt for \$19!**