



The Krav Gym | (331) 757-8743
 485 W Boughton Rd, Bolingbrook, IL
<https://TheKravGym.com>
 Class Schedule Effective 10-17-21

FITNESS - SELF DEFENSE - BJJ

| Fitness and Self-Defense Classes | | | | | |
|--|--|--|--|-------------------------|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| ICE Bootcamp 7:00am-7:30am | ICE Bootcamp 7:00am-7:30am | ICE Bootcamp 7:00am-7:30am | ICE Bootcamp 7:00am-7:30am | Seminars and Testing | ICE Bootcamp 9:00am-9:30am |
| 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 | Kids Self Defense 9:00am-9:45am |
| | Kids Self Defense 5:00pm-5:45pm | ICE Bootcamp 5:15pm-5:45pm | Kids Self Defense 5:00pm-5:45pm | Seminars and Testing | Combat Grappling 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 |
| Krav Maga Level 1 6:15pm-6:55pm | Combat Grappling 6:00pm-7:00pm | Krav Maga Level 1 7:00pm-7:50pm | Combat Grappling 6:00pm-7:00pm | Seminars and Testing | Fight Class 12:00pm-1:00pm |
| Krav Maga Intermediate 7:05pm-7:55pm | Krav Maga Level 1 7:00pm-7:50pm | | Krav Maga Level 1 7:00pm-7:50pm | Seminars and Testing | |
| Krav Maga Advanced 8:00pm-8:50pm | Krav Maga Intermediate 7:55pm-8:45pm | Krav Maga Advanced 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!**