



FITNESS - SELF DEFENSE - BJJ

The Krav Gym | (331) 757-8743
 485 W Boughton Rd, Bolingbrook, IL
<https://TheKravGym.com>
 Class Schedule Effective 9-8-22

Fitness and Self-Defense Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ICE Bootcamp 6:30am-7:15am	ICE Bootcamp 6:30am-7:15am	ICE Bootcamp 6:30am-7:15am	ICE Bootcamp 6:30am-7:15am	Seminars and Testing	ICE Bootcamp 9:00am-9:45am
ICE Bootcamp 7:30am-8:15am	ICE Bootcamp 7:30am-8:15am	ICE Bootcamp 7:30am-8:15am	ICE Bootcamp 7:30am-8:15am	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-5:55pm	ICE Bootcamp 5:15pm-5:55pm	Krav Maga Intro 6:00pm-6:45pm	ICE Bootcamp 5:15pm-5:45pm	Seminars and Testing	Krav Maga Intro 10:15am-11:00am
	ICE Bootcamp 6:15pm-6:55pm	ICE Bootcamp 6:15pm-6:55pm	ICE Bootcamp 6:15pm-6:55pm	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 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!**