



The Krav Gym | (331) 757-8743
 485 W Boughton Rd, Bolingbrook, IL
<https://TheKravGym.com>
 Class Schedule Effective 4/10/23

FITNESS - SELF DEFENSE

Fitness and Self-Defense Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KIDS KRAV 5PM-5:45PM		KIDS KRAV 5PM-5:45PM		KIDS KRAV 9:00am-9:45am
ICE Fitness 5:15pm-6:00pm	ICE Fitness 5:15pm-6:00pm	ICE Fitness 5:15pm-6:00pm	ICE Fitness 5:15pm-6:00pm		Combat Grappling 10:00am-10:50am
	Combat Grappling 6:00pm-6:50PM	KRAV MAGA INTRO 6:00pm-6:45	Combat Grappling 6:00pm-6:50PM		KRAV MAGA INTRO 10:00am-10:45am
	ICE Fitness 6:15pm-6:45	ICE Fitness 6:15pm-6:45	ICE Fitness 6:15pm-6:45		KRAV MAGA LEVEL 1 11:00am-11:50am
KRAV MAGA LEVEL 1 6:15pm-7:05pm	KRAV MAGA LEVEL 1 7:00pm-7:50	KRAV MAGA LEVEL 1 7:00pm-7:50	KRAV MAGA LEVEL 1 7:00pm-7:50		Fight Class 12:00pm-12:50pm
KRAV MAGA Intermediate 7:10pm-8:00pm					
KRAV MAGA Advanced 8:10pm-9:00pm	KRAV MAGA Intermediate 8:00pm-8:50pm	KRAV MAGA Advanced 8:00pm-8:50pm	KRAV MAGA Intermediate 8:00pm-8:50pm		

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