

One World Self Defense & Fitness Schedule

[Visit www.crossfitoneworld.com](http://www.crossfitoneworld.com) for Crossfit Schedule

| Krav Maga | | | | | | | |
|------------------|------------------------------|-----------------------|------------------------------|-----------------------|-----------------------|---------------------|---------------------------------|
| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
| 9:00-10:00AM | | | | | | Krav Maga Level ALL | |
| 10:15-11:15PM | | | | | | Krav Maga Sparring | |
| 12:00-1:00 PM | KravFit | Krav Maga Level 1 & 2 | KravFit | Krav Maga Level 1 & 2 | KravFit | | |
| 5:15-6:15 PM | Self-Defense for Women | Krav Maga Sparring | | Krav Maga Level 1 | | | Krav Maga Level 1 (5:00-6:00PM) |
| 6:15-7:15 PM | Krav Maga Level 1 | Krav Maga Level 1 | Self-Defense for Women | Krav Maga Sparring | Krav Maga Level 2 & 3 | | |
| 7:15-8:15 PM | Krav Maga Level 3 KravFit | | Krav Maga Level 1 KravFit | | KravFit | | |
| 8:15-9:15 PM | | Krav Maga Level 2 & 3 | | Krav Maga Level 2 | | | |

| Brazilian Jiu-Jitsu • Kick Boxing • Judo • Eskrima | | | | | | | |
|---|---------------------|-----------------------|---------------------|---------------------------------|---------------------|-----------------|------------------------|
| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
| 9:00-10:30 AM | | Open Mat | | Open Mat | | | |
| 10:30-12:00 PM | | | | | | Judo | |
| 5:15-6:15 PM | Kids BJJ | | Kids BJJ | | Kids BJJ | | |
| 6:30-8:30 PM | Brazilian Jiu-Jitsu | Wrestling (6:30-7:30) | Brazilian Jiu-Jitsu | Judo 6:00 - 7:00 | Brazilian Jiu-Jitsu | | Open Mat (6:00 - 7:00) |
| 7:15-8:15 PM | | Eskrima | | Eskrima | | | |
| 7:30-9:30 PM | | Brazilian Jiu-Jitsu | | Brazilian Jiu-Jitsu 7:15 - 9:00 | | | |
| 8:30-9:30 PM | Kick Boxing | | | | | | |