

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	Krav Maga Level 2	Krav Maga Sparring	Self-Defense for Women	Krav Maga Level 1	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	Krav Maga Level 2	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>
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						