



Class Schedule

Effective March 2024

Time Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 PM - 5:30 PM		ENROLLING NOW Dutch Kickboxing 4:45 PM - 5:30 PM		ENROLLING NOW Dutch Kickboxing 4:45 PM - 5:30 PM	Evening Classes by Appointment Only	Seminars and Special Events
5:30 PM - 6:30 PM	ENROLLING NOW Beginner Krav Maga 5:15 PM - 6:00 PM	15 Minute Break	ENROLLING NOW Beginner Krav Maga 5:15 PM - 6:00 PM	15 Minute Break		
	15 Minute Break	Intermediate Krav Maga 5:45 PM - 6:30 PM	15 Minute Break	Intermediate Krav Maga 5:45 PM - 6:30 PM		
6:30 PM - 7:30 PM	Intermediate Krav Maga 6:15 PM - 7:00 PM	15 Minute Break	Intermediate Krav Maga 6:15 PM - 7:00 PM	15 Minute Break		
	15 Minute Break	Intermediate Krav Maga 6:45 PM - 7:30 PM	15 Minute Break	Intermediate Krav Maga 6:45 PM - 7:30 PM		
7:30 PM - 8:30 PM	FUTURE CLASS Beginner Krav Maga 7:15 PM - 8:00 PM	15 Minute Break	FUTURE CLASS Beginner Krav Maga 7:15 PM - 8:00 PM	15 Minute Break		
		ENROLLING NOW Dutch Kickboxing 7:45 PM - 8:30 PM		ENROLLING NOW Dutch Kickboxing 7:45 PM - 8:30 PM		

Corporate Seminars, Private Classes, Appointments, Consultations, and Speaking Engagements are by appointment only, Monday through Thursday from 9:00 AM until 5:00 PM. Seminars can be anywhere from 30 minutes to 8 hours.

Contact LD at (334) 707-2678 for a FREE Quote on Corporate Seminars or Private Classes

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