



Krav Maga Newcastle

Timetable*

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am to 7.30 am		Krav Maga Open		Krav Maga Open		
9.00 am to 10.00 am						Krav Maga Open
11.00 am to 12noon	Krav Maga Open					
5.00 pm to 5.50 pm	Junior Krav Maga		Junior Krav Maga			
6.00 pm to 7.00 pm	Krav Maga Open	Krav Maga Basic	Krav Maga Open	Krav Maga Basic	Krav Maga CQB	
7.00 pm to 8.00 pm	Krav Maga Conditioning	Krav Maga Intermediate	Krav Maga Drill Training	Krav Maga Intermediate		

Krav Maga Junior — Group classes for Little Warriors (4 to 8 yrs) and Warriors (9 to 13yrs)

Krav Maga Open — Class for all levels focusing on fundamental material

Krav Maga Basic—Beginners to P2 Level

Krav Maga Intermediate — P3 level and above

Krav Maga Conditioning — Specialised combat fitness training (Open to all students)

Krav Maga Drill Training — A high energy class working on all aspects of self defense (P1 level and above)

Krav Maga (CQB) — Monthly scenario training—*Check Newsletter for date* (Open to all students)

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