

KRAV MAGA & IDS-CITIZEN DEFENDER

Members Gym Info & More <https://members.rmsdf.com> Call Or Text 720-504-5959

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 – 7 am Krav Maga	6am Peaceful Warrior Krav Maga	6 – 7 am Krav Maga	6am Peaceful Warrior Krav Maga	6 – 7 am Krav Maga	IDS-Citizen Defender 9-10am
IDS-Citizen Defender 7-8 am 9:30-10:30am	9:30-10:30am Women’s KRAV MAGA	IDS-Citizen Defender 7-8 am 9:30-10:30am	9:30-10:30am Women’s KRAV MAGA		9-10am Krav Maga INTRO
	IDS-Citizen Defender 11am-Noon		IDS-Citizen Defender 11am-Noon		IDS-Citizen Defender 11am-Noon
12:00 - 1pm KRAV MAGA	12:00pm Peaceful Warrior Krav Maga	12:00 - 1pm KRAV MAGA	12:00pm Peaceful Warrior Krav Maga	12:00 - 1pm KRAV MAGA	10 am Peaceful Warrior Krav Maga
Kids Age Divisions are. + - due to varying abilities & maturity levels	KIDS KRAV 4:30-5pm 3-6+-yrs		KIDS KRAV 4:30-5pm 3-6+-yrs	If Your Child Is On The +- Side Of Their Age Division Please Talk To Us On Best Class Placement	
KIDS KRAV MAGA 6-12+- Years 5-5:45pm	T-N-T KRAV MAGA 12-16+- 5-5:45pm	KIDS KRAV MAGA 6-12+- Years 5-5:45pm	T-N-T KRAV MAGA 12-16+- 5-5:45pm		
T-N-T KRAV MAGA 12-16+- Years 5:45-6:30pm	KIDS KRAV MAGA 6-12+- Years 5:45-6:30pm	T-N-T KRAV MAGA 12-16+- Years 5:45-6:30pm	KIDS KRAV MAGA 6-12+- Years 5:45-6:30pm	Kids Age Divisions are + - due to varying abilities & maturity levels	
KRAV MAGA 6:30 - 7:30pm	IDS-Citizen Defender 5:45-6:45pm	KRAV MAGA 6:30 - 7:30pm	IDS-Citizen Defender 5:45-6:45pm	 <p>SCAN ME! Book Now</p>	Peaceful Warrior Project Is An Advanced Program Invitation Only
IDS-Citizen Defender 6:30-7:30pm	KRAV MAGA 6:30 - 7:30pm	IDS-Citizen Defender 6:30-7:30pm	KRAV MAGA 6:30 - 7:30pm		
Fighting & Grappling Class 7:30 – 8pm	Peaceful Warrior Krav Maga 630pm	Fighting & Grappling Class 7:30 – 8pm	Peaceful Warrior Krav Maga 630pm		
	Women’s KRAV MAGA 6:30-7:30pm		Women’s KRAV MAGA 6:30-7:30pm		