

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	Instructor & Apprentice Instructor Training 9am
IDS-Citizen Defender 7-8 am	9:30-10:30am Women's KRAV MAGA	IDS-Citizen Defender 7-8 am	9:30-10:30am Women's KRAV MAGA		10am Krav Maga Intro/All Belt Levels
	IDS-Citizen Defender 11am-Noon		IDS-Citizen Defender 11am-Noon		10 am Peaceful Warrior Krav Maga
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	11-11:45 Sparring & Fight Training All Belts
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	IDS-Citizen Defender 11am-Noon
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 6:30-7:30pm ----- Fighting & Grappling Class 7:30 – 8pm	IDS-Citizen Defender 5:45-6:45pm ----- KRAV MAGA 6:30 - 7:30pm ----- Peaceful Warrior Krav Maga 630pm ----- Women's KRAV MAGA 6:30-7:30pm	KRAV MAGA 6:30 - 7:30pm ----- IDS-Citizen Defender 6:30-7:30pm ----- Fighting & Grappling Class 7:30 – 8pm	IDS-Citizen Defender 5:45-6:45pm ----- KRAV MAGA 6:30 - 7:30pm ----- Peaceful Warrior Krav Maga 630pm ----- Women's KRAV MAGA 6:30-7:30pm	 <p>SCAN ME!</p> <p>Book Now</p>	Peaceful Warrior Project Is An Advanced Program Invitation Only