

# AUSTIN SELF DEFENSE

[www.austinsellddefense.com](http://www.austinsellddefense.com)

512-918-9999

**BE FIT  
BE SAFE  
BE CONFIDENT**

## HAGANAH

(Coed)

Tuesday	7:30 PM – 8:30 PM	Training Rm. # 1
Thursday	7:30 PM – 8:30 PM	Training Rm. # 1

## ISRAELI TACTICAL KNIFE (ITK)

(Coed)

Thursday	6:15 PM – 7:15 PM	Training Rm. # 2
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## HAGANAH (KID'S)

(Ages 7 - 12)

Tuesday	6:15 PM – 7:15 PM	Training Room #1
Thursday	6:15 PM – 7:15 PM	Training Room #1

## KRAV MAGA

(Coed)

Monday	7:30 PM – 8:30 PM	Training Rm. # 1
Tuesday	6:15 PM – 7:15 PM	Training Rm. # 2
Wednesday	7:30 PM – 8:30 PM	Training Rm. # 1

## KICK-BOX & CONDITIONING

(Coed)

Saturday	9:00 AM – 10:00 AM	Training Rm. # 1
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## COMBAT FITNESS

(Coed)

Monday	6:15 PM – 7:15 PM	Training Rm. # 1
Wednesday	6:15 PM – 7:15 PM	Training Rm. # 1

**This facility is ONLY open during class times listed. Please contact the number above to schedule a free class or visit our web site.**