

# Austin Self Defense Class Schedule

## HAGANAH

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

## KRAV MAGA

Monday	7:30 PM – 8:30 PM	Training Rm. #1
Wednesday	7:30 PM – 8:30 PM	Training Rm. #1

## MMA

Tuesday	6:15 PM – 7:15 PM	Training Rm. #1
Thursday	6:15 PM – 7:15 PM	Training Rm. #1
Saturday	10:15 AM – 11:15 AM	Training Rm. #1

## BOXING

Monday	To be announced	Training Rm. #2
Friday	To be announced	Training Rm. #1

## SUBMISSION WRESTLING

Friday	6:15 PM – 7:15 PM	Training Rm. #1
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## X-TREME FITNESS AND BAG CLASS

### COMBAT CARDIO

Monday	6:15 PM – 7:15 PM	Training Rm. #1 & 2
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### COMBAT CARDIO

Wednesday	6:15 PM – 7:15 PM	Training Rm. #1
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### X-TREME STATIONS

Saturday	9:00 AM – 10:00 AM	Training Rm. #1 & 2
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