

Austin Self Defense

www.austinselfdefense.com

512-918-9999

**BE FIT
BE SAFE
BE CONFIDENT**

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	TBA	Training Rm. # 2
Friday	TBA	Training Rm. # 1

SUBMISSION WRESTLING

Friday	6:15 PM -7:15 PM	Training Rm. # 1
--------	------------------	------------------

FITNESS BAG CLASSES

Monday	Combat Cardio -	6:15 PM – 7:15 PM	Training Rm. # 1
Wednesday	Combat Cardio -	6:15 PM – 7:15 PM	Training Rm. # 1&2
Saturday	Xtreme Stations -	9:00 AM – 10:00 AM	Training Rm. # 1&2

**** KIDS SELF DEFENSE ****

(Ages 7-12)

Tuesday	4:30 PM – 5:30 PM	Training Rm. # 1
Thursday	4:30 PM – 5:30 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.