

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

HAGANAH (KID'S)

Scheduled to start 9/11/07
(Mixed Martial Arts - Ages 7-12)

Tuesday 6:15 PM – 7:15 PM Training Rm. # 1
Thursday 6:15 PM – 7:15 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

MIXED MARTIAL ARTS

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 TBA 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

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