

IMI TRAINING CENTER™ - MONTREAL

CANADA'S CENTER FOR DEVELOPMENT OF KRAV MAGA

Directed by Canadian Krav Maga Expert Thierry Cimkauskas

KRAV MAGA CLASSES FROM SEPTEMBER 1st 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10AM-11AM KRAV MAGA KIDS (6-12 ans)	10AM-11AM KRAVFIT™ FITNESS – KRAV MAGA
12:30PM-1:30PM KRAVFIT™ FITNESS – KRAV MAGA		12:30PM-1:30PM KRAVFIT™ FITNESS - KRAV MAGA		12:30PM-2PM KRAV MAGA ADULTS	11AM-1PM KRAV MAGA ADULTS	11AM-1PM KRAV MAGA ADULTS
					2PM- 4PM KRAV MAGA ADULTES	
5PM-6:30PM KRAV MAGA TEENAGERS (13-16 YEARS OLD)	6PM-7PM KRAVFIT™ FITNESS-KRAV MAGA	5PM-6:30PM KRAV MAGA TEENAGERS (13-16 YEARS OLD)			4PM- 6PM KRAV MAGA INSTRUCTORS	
6:30PM- 8:30PM KRAV MAGA ADULTS	7:30PM-9:30PM KRAV MAGA ADULTS	6:30PM-8:30PM KRAV MAGA ADULTS	7:30-9:30PM KRAV MAGA ADULTS			

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