



teamokm.com | 614-256-6630 (call or text)

# WINTER CLASS SCHEDULE

effective Dec 9, 2019

## GAHANNA

### Monday

5:45am workout  
9am workout  
5:30pm advanced krav maga  
6:30pm krav maga level 1  
6:30pm workout  
7:30pm krav maga level 2  
7:30pm workout

### Tuesday

9:30am krav maga intro  
10am krav maga level 1  
11am krav maga level 2  
6:30pm workout  
6:30pm youth self defense

### Wednesday

5:45am workout  
9am workout  
6pm krav maga intro  
6:30pm krav maga level 1  
6:30pm workout  
7:30pm boxing  
7:30pm workout

### Thursday

6:30pm workout  
6:30pm youth self defense

### Friday

5:45am workout  
9am workout

### Saturday

9am workout  
9:30am youth black belt club  
10am boxing  
10am youth self defense  
10:15am krav maga intro  
10:45am krav maga level 1

## LEWIS CENTER

### Monday

9am krav maga level 2  
10am krav maga level 1  
5:30pm workout  
6:30pm workout  
7:30pm workout

### Tuesday

10am workout  
6pm krav maga intro  
6:30pm krav maga level 1  
7:30pm krav maga level 3

### Wednesday

9:30am krav maga intro  
10am krav maga level 1  
4:30pm youth self defense  
5:30pm workout  
6:30pm workout  
7:30pm workout

### Thursday

5:30pm krav maga level 2  
6:30pm krav maga level 1  
7:30pm workout

### Friday

10am workout

### Saturday

9am workout  
10:15am krav maga intro  
10:45am krav maga level 1

**HOLIDAYS: CLOSED DEC 24, 25, 26, 31, JAN 1**

**MEMBERS! JOIN THE TEAM OKM GROUP ON FACEBOOK TO STAY UP-TO-DATE ON ALL THINGS OKM INCLUDING INCLEMENT WEATHER ANNOUNCEMENTS AND SCHEDULE UPDATES**