

Protection Fitness School of Self Defense
 21 W Nicholas St.
 Hicksville, NY 11801
 (516) 670-KRAV
 www.ProtectionFitness.Com
 Email: ProtectionFitness@yahoo.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am - 10:00 am Personal Training	9:00 am - 10:00 am Personal Training	9:00 am - 10:00 am Personal Training	9:00 am - 10:00 am Personal Training	9:00 am - 10:00 am Personal Training	8:00 am - 9:00 am	9:00 am - 10:00 am
10:00 am - 11:00 am Personal Training	10:30am - 11:30am Fitness Bootcamp	10:00 am - 11:00 am Personal Training	10:30am - 11:30am Fitness Bootcamp	10:00 am - 11:00 am Krav Maga Level 1 & 2	9:00am - 10:00 am Kids Krav Maga	10:00 am - 11:00 am Fitness Bootcamp
10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:30 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00am - 11:00am Martial Blade Concepts	11:00 am - 12:00 pm Krav Maga Level 1 & 2
12:00 pm - 1:00 pm	12:00 pm - 1:00 pm	12:30 pm - 1:30 pm	12:00 pm - 1:00 pm	12:00 pm - 1:00 pm	11:00am - 12:00pm Krav Maga Level 1 & 2	12:00 pm - 1:00 pm
4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm		
5:30pm - 6:30pm Personal Training	5:30pm - 6:30pm Fitness Bootcamp	5:30pm - 6:30pm Kids Krav Maga	5:30pm - 6:30pm Fitness Bootcamp	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm
6:30pm - 7:30pm Kids Krav Maga	6:30pm - 7:30pm Krav Maga Level 1	6:30pm - 7:30pm Martial Blade Concepts	6:30pm - 7:30pm Krav Maga Level 1	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm
7:30pm - 8:30pm Fitness Bootcamp (KMC)	7:30pm - 8:30pm COMBAT GRAPPLING	7:30pm - 8:30pm Fitness Bootcamp (KMC)	7:30pm - 8:30pm Panatukan: Filipino Dirty Boxing Pay-Per-Class	7:00pm - 8:00pm	7:30pm - 8:30pm	7:30pm - 8:30pm
8:30pm - 9:30pm Krav Maga Level 1	8:30pm - 9:30pm	8:30pm - 9:30pm	8:30pm - 9:30pm	8:30pm - 9:30pm	8:30pm - 9:30pm	8:30pm - 9:30pm

*Private Classes available and in session throughout the day.