

HOW TO GET STARTED!



Join us for our free 90 minute Intro to Krav Maga!

There will be a 30 minute semi-private lesson
followed by a beginners Level 1 class.

West Side - Middleburg Heights:

- Every Wednesday at 6:30pm
- Every Saturday at 10:30am

17820 Englewood Drive, Suite 5, Middleburg Hts, Oh 44130
Off of Engle Rd between Bagley and Sheldon Rds.

Want to try one of our fitness classes?

Kickboxing, Boot Camp, TRX, Kettlebells and more!

You are welcome to try any one of our fitness classes without needing a reservation. Just pick one of the fitness classes from the schedule and come in to try it.

No reservation is needed. Just come in at our intro time and try the class - wear comfortable workout clothes and any sort of training shoes. You are welcome to intro at either location regardless of where you want to regularly train. Age 13 and up. Anyone under 18 must have parent/guardian sign a waiver allowing them to participate.

440-234-KRAV

www.fightfitohio.com