



# February 2012

Fight Fit Krav Maga Self Defense  
 Training Center  
 17820 Englewood Drive, Suite 5  
 Middleburg Hts, Ohio 44130  
**440-234-KRAV**  
[www.fightfitohio.com](http://www.fightfitohio.com)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4
	5	6	7	8	9	10	11 <b>Handgun 101</b> 12p to 4p Learn the basics of owning and handling a gun 
	12	13	<b>14 Valentine's Day</b> Bring Your Sweetie To Class Free: 5:30p Focus Mitts 6:00p Level 1 6:00pm TRX 7:15p Kettlebells 8:00p Yoga  Refreshments served!	15	16	17	18
<b>HEART HEALTH WEEK!</b>	19 <i>In honor of February National Heart Month! Non members are welcome to attend ALL our KM KICKBOXING CLASS ALL WEEK for FREE!</i>	20 6:00p KM Kickboxing	21 10:00a KM Kickboxing	22 6:00p KM Kickboxing	23	24 10:00a KM Kickboxing	25 10:00a KM Kickboxing
	26	27	28	29	<b>This is our monthly calendar with special events and seminars. It does not show our class schedule.</b>	<b>For our regular weekly schedule please see our SCHEDULE PAGE on our website.</b>	<b>Coming Events: Saturday, March 3rd Level 1 Test</b>