

Regular Classes

Regular Classes

This is the most economical way to learn Krav Maga. Whether you are totally new to training, or have been active for years, you will find classes challenging and rewarding!

With a well paced, friendly atmosphere, these classes offer you the most up to date training around! Regardless of your age, size, gender, strength, build, or fitness levels, you will find our classes challenging and focused towards your needs.

Our classes currently run 4 nights a week in Brisbane, and 1 night a week in Sydney (see our training timetable for full details).