

## Regular Classes

Regular classes are the most economical way to learn Krav Maga. Whether you are new to training, or have been active for years, you will find our 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 level, you will find our classes motivating and focused towards your needs. We will help you achieve your goals!

Our regular classes currently run 4 nights a week in Brisbane, and 1 night a week in Sydney. See our class timetables for full details.