

## Personal Training

Are you unable to attend regular classes due to time constraints, shift work, or family commitments? Do you want a little more personal attention or refining of your skills? Would you like to focus on a specific area of concern for you?

Have your own personal trainer in Krav Maga! There is no reason to miss out on the best self defence and defensive tactics training around just because you can't make it to regular classes.

We can either work through the regular syllabus, or deal with specific problems. Chose a time and place suitable to you! Chose the topics or issues you would like to train in. Or, give us your goals, and let us build a personal training program to help you get there!