

KRAV MAGA *OPEN HOUSE!*

OPEN TO THE PUBLIC!

Saturday Sep. 27th

**Bring your friends
and Family!**

**FREE Hot Dog &
Juice Lunch!**

**FREE CLASSES
ALL DAY!**



9:00 AM Fitness and Conditioning Workshop	1 hour
9:00 AM Self defense for Women Only	1 hour
10:30 AM Karate for Concentration kids Workshop	1 hour
11:45 AM CrossFit Workout	30 Min
11:45 Brazilian Jujitsu/MMA	1 hour
12:45 PM Intro to Krav Maga	90 Min





CrossFit
Forging Elite Fitness



6821 w. 120th Ave, Broomfield 80020
NW corner of 120th and Main st.
Behind Burger King
720-214-1691

