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Newsletter



Happy Valentine's Day



Like us on Facebook 



our website:
[BurlingtonKravMaga](http://BurlingtonKravMaga.com)

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TRAIN HARD



HAVE FUN



PLEASE ALWAYS:

1. ALWAYS CHECK IN with the **FRONT DESK STAFF** upon entering the studio.

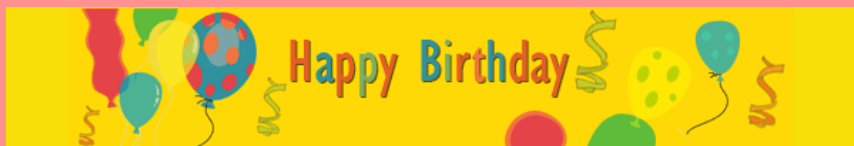
PLEASE ALWAYS:

2. Train barefoot or wear wrestling shoes on the mats. No dark soled shoes.

PLEASE ALWAYS:

3. CHECK IN to FaceBook when you are in the studio.

BKM February 2013



February

7th Keara Connelly

13th Burlington Krav Maga 1 YEAR!!

15th Cara Mitchell

17th Justin Holloman

24th Patti Bates

27th Collin Mayer

Welcome Jaime Harn

You will see Jamie smiling and greeting you when you enter the studio.

Be sure to check in with her.



Welcome Laura Waller

Laura will also be smiling at you when you enter the studio.

And be sure to check in with her too.



Welcome Hunter Glenn

Hunter will be teaching Ground & Grappling classes. He is from Rougemont, NC.

He began training in Brazilian Jiu Jitsu in 2009. He is a 6x tournament champion, competing at the advanced no-gi level.



BE FIT



Foundation
Test
Congrats!
Michael
Lindsey



BE POWERFUL



He did awesome!! See you in Level 1.

Foundation
Test
Congrats!
Peter
Knutson



BE CONFIDENT



He did awesome!! See you in Level 1.

New Class
Schedule
on Weds.



**BKM 1 Year
Anniversary!!!**

Thank you for
being part of
the BKM Family.

See you on the
mats!

Starts February
13th

WEDNESDAYS

6pm-7:00pm
Mixed Level

7:00pm- 7:30pm
Focus Mitts

7:30pm-8:00pm
Sparology

Pride Kids, Kickboxing and Yoga classes times are the same.



Valentine's Day Special Offer
Get Fit Now!
only \$39
1 month of unlimited training

purchase here [Get Fit Now](#) or come in
TODAY!

for non-members only. Not valid with any other offer.

Offer Expires: February 28, 2013



Confirm that you like this.

Click the "Like" button.