



11400 W. Olympic Blvd. #100 • Los Angeles, CA 90064
Tel (310) 966-1300 Fax (310) 966-1305 www.kravmaga.com

West LA
MAY 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Marni: KM Bag - FY	Marni: KM Bag - NC	Marni: KM Bag - MN	Marni: KM Bag - EA	Marni: KM Bag - MN		
7:00am	Rm2: KM Level 2/3 - TG Rm3: CrossFit - TA Marni: KM Level 1 - TP	Rm2: KM Level 1 - TG Rm3: CrossFit - CM	Rm2: KM Level 1/2 - TG Rm3: CrossFit - MM	Rm2: KM Level 1 - RC Rm3: CrossFit - AJL	Rm2: KM Level 2/3 - AS Rm3: CrossFit - TA Marni: KM Level 1 - TP		
8:30am						Marni: Sport Circuit - MW/SDP	Rm1: Instructor Training
9:00am						Rm1: km-Xplorers Advanced - AH	
9:30am						Rm1: km-Xplorers Beginner - AH Rm2: KM Level 3 - NB Rm3: CrossFit - FY Marni: KM Level 1 - JS	Rm1: Instructor Training Rm2: KM Level 2 - DF Marni: KM Cardio - TP/MW
10:00am	Marni: KM Level 2 - RC	Marni: KM Level 1 - RC	Marni: KM Level 2 - KB	Marni: Boxing Fund. - TW	Marni: KM Level 1 - MK	Rm1: KM Intro (90 min)	
10:30am						Rm2: KM Level 2 - NB Marni: KM Bag - TP/CW	Rm1: Instructor Training Rm2: Kickboxing - MK Rm3: CrossFit Fund. - RS Marni: KM Level 1 - RY
11:30am						Rm1: km-X Level 1 - KB/AH (45 mins) Rm2: KM Level 4 - CH Rm3: KM Level 1 - AJL Marni: Intro Fight - JWa	Rm1: Instructor Training Rm2: MMA Grappling - MBa Marni: KM Level 3 - RY
12:15pm	Rm2: KM Level 1 - JC Marni: KM Bag - RC	Rm2: KM Level 3 - MR Marni: KM Bag - RC	Rm2: Intro Fight - MR Rm3: KM Level 1 - KB Marni: KM Bag - SL	Rm2: KM Level 2/3 - MR Rm3: KM Level 1 - KB Marni: KM Bag - RC	Rm2: KM Level 2 - KB Marni: KM Bag - TA	Rm1: km-X Level 2 - KB/AH (45 mins)	Rm1: Instructor Training
12:30pm						Rm2: Ground Fight - RB Rm3: Instructor Training Marni: KM Level 1 - AJL	Rm1: Instructor Training Marni: KM 1 for Teens (13-16) - KB
1:00pm						Rm1: km-X Level 3 - KB/AH (45 min)	
1:30pm						Marni: KM Bag - MN	
1:45pm						Rm1: km-X Level 4 - KB/AH (45 min)	
3:30pm		Rm1: km-Xplorers - JM			Rm3: km-Xplorers - KB		
4:00pm	Rm1: km-X Level 1 - KB (45 mins) Rm2: km-Xplorers - MR Rm3: CrossFit - CM Marni: KM Level 1 - SL	Rm1: km-X Level 1 - JM (45 mins) Rm3: CrossFit - TA Marni: KM Level 1 - JS	Rm1: km-X Level 4 - MR (45 mins) Rm2: KM 1 for Teens (13-16) - KB Rm3: KM Level 1 - JC Marni: KM Bag - NC	Rm1: km-X Level 3 - MR (45 min) Rm2: KM Level 1 - KB Rm3: CrossFit - TA/CM	Rm3: km-X Level 1 - KB/AH (45 min) Rm2: KM Level 1 - RC	Rm3: Instructor Training	RESERVED FOR SEMINARS AND BELT TESTING
4:45pm	Rm1: km-X Level 2 - KB Rm2: KM Level 1 - DT Marni: KM Bag - TA	Rm1: km-X Level 2 - JM Rm2: KM Level 1 - MK Marni: KM Level 2 - RY	Rm1: X-Class - MR Rm2: MMA Grappling - LP Rm3: CrossFit - TA Marni: KM Level 1 - JC	Rm1: X-Class - MR Rm2: KM Level 2 - DG Rm3: CrossFit - RS Marni: KM Bag - SL	Rm3: km-X Level 2 - KB/AH (45 min) Rm1: Yoga - KT Rm2: KM Level 4 - KL Marni: KM Bag - SL		
5:15pm	Rm1: km-X Level 3 - KB (45 min)	Rm1: km-X Level 4 - JM (45 min)	Rm1: km-X Level 2 - RSh (45 mins)	Rm1: km-X Level 1 - MR (45 min)			
6:00pm	Rm1: KM Level 5 - KC Rm2: KM Level 2 - MK Rm3: CrossFit - MM Marni: KM Level 1 - AJD	Rm1: Intro Ground Fight - RB Rm2: KM Level 3 - JM Rm3: KM Level 2 - JWa Marni: KM Bag - KH/MM	Rm1: Fight 1/2 - MT Rm2: KM Level 2 - RY Rm3: KM Level 1 - KC Marni: KM Bag - RC	Rm1: KM Level 4 - JM Rm2: KM Level 1 - SL Marni: KM Bag - EA	Rm1: Instructor Training Rm2: KM Level 1 - JC2 Rm3: CrossFit - AJL Marni: MMA Conditioning - RC		
7:00pm	Rm1: KM Level 2 - AJD Rm2: KM Level 3 - KC/MK Rm3: KM Level 1 - MM Marni: KM Bag - TA	Rm1: KM Level 4/5 - TG Rm2: Intro Fight - JM Rm3: CrossFit - TA Marni: KM Level 1 - RY/MK	Rm1: KM Level 3 - DF Rm2: KM Level 1 - RY Rm3: Instructor Training Marni: KM Bag - RC	Rm1: Instructor Training Rm2: KM Level 2 - JM Rm3: Yoga - MD Marni: KM Bag - EW	Rm1: Instructor Training Rm2: KM Level 2/3 - JC2 Marni: KM Bag - RC		
8:00pm	Rm1: Instructor Training Rm2: Ground Fight - RB Rm3: CrossFit Fund. - FY	Rm1: KM Level 3 - TG Rm2: Adv. Fight - JM Rm3: KM Level 2 - MN Marni: KM Bag - EW	Rm1: KM Level 4 - TG Rm2: Women Only - KC Rm3: Instructor Training Marni: Boxing - MT/MK	Rm1: Instructor Training Rm2: Mixed Martial Arts - RC Rm3: KM Level 1 - JM Marni: KM Level 3 - CH	Rm1: Instructor Training Rm2: Ground Fight - RB Marni: KM Level 1 - AJL		
9:00pm	Rm1: Instructor Training Rm2: KM Level 1 - RC Marni: Intro Fight - CH	Rm1: Yoga - MD Rm2: Fight 1 - JM Marni: KM Level 1 - CH	Rm1: Wrestling - JG Rm2: KM Level 2/3 - TG Rm3: Instructor Training Marni: KM Level 1 - CH	Rm1: Instructor Training Rm2: KM Level 2 - SL Rm3: KM Level 1 - DyF	Rm1: Instructor Training		

km-X: Youth Training (ages 5 -1 3)

Instructors:	AH = Amy Hyland	DF = Dave Famili	JC = Jon Catoe	KC = Kelly Campbell	MK = Marcus Kowal	NC = Naama Chezar	SL = Sidisa Levin
*Subject to change	AJD = Aj Draven	DG = Dave Gilbertson	JC2 = Joe Seetoo	KH = Kristine Ho	MM = Michael Margolin	RB = Richard Bresler	TA = Tina Angelotti
	AJL = AJ Lavarias	DT = Dixon Troyer	JG = Jazzy Green	KL = Kevin Lewis	MN = Mark Negrete	RC = Ross Cascio	TG = Todd Goldman
	AS = Aaron Sokol	DyF = Dylan Foley	JM = Junior Merkle	KT = Kiyomi Takahashi	MR = Matt Romond	RS = Richard Shallop	TP = Tamara Podemski
	CH = Chris Hunt	EA = Eunjoo An	JS = Jerry Schultz	LP = Lucas Pires	MT = Mitch Tavera	RSh = Rob Sherman	TW = Theran Washington
	CM = Cain Mora	EW = Erica Wendland	JWa = Jarret Waldman	MBa = Matt Bahntge	MW = Molly Wootton	RY = Ryan Yatman	
	CW = Carrie Wilson	FY = Felix Yang	KB = Kevin Bass	MD = Mark Drake	NB = Noemi Briano	SDP = Susanna Della Penna	

*The Law Enforcement class will be held the first Saturday of each month from 12:30 - 2:30pm

