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West LA
FEBRUARY 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Rm1: Yoga - KT	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		
8:00am		Rm1: Yoga - KT		Rm1: Yoga - KT			
8:30am						Marni: Sport Circuit - TA/MW	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 - JC2	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 - SS
11:30am						Rm1: km-X Level 1 - KB/AH (45 mins) Rm2: KM Level 4 - CH Rm3: KM Level 1 - JC2 Marni: Intro Fight - JWa	Rm1: Instructor Training Rm2: MMA Grappling - MBa Marni: KM Level 3 - SS
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)	Rm2: Instructor Training
12:30pm						Rm2: Ground Fight - RB Rm3: Instructor Training Marni: KM Level 1 - AJL	Rm2: Instructor Training Rm3: 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			Rm1: 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 min) 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 - SS Rm3: CrossFit - KL	Rm1: km-X Level 1 - KB/AH (45 min) Rm3: KM Level 1 - RC	Rm3: Instructor Training	RESERVED FOR SEMINARS AND BELT TESTING
4:45pm	Rm1: km-X Level 2 - KB	Rm1: km-X Level 2 - JM	Rm1: X-Class - MR	Rm1: X-Class - MR	Rm1: km-X Level 2 - KB/AH (45 min)		
5:00pm	Rm2: KM Level 1 - SS Marni: KM Bag - TA	Rm2: KM Level 1 - MK Marni: KM Level 2 - RY	Rm2: MMA Grappling - MBa Rm3: CrossFit - TA Marni: KM Level 1 - JC	Rm2: KM Level 2 - SS Rm3: CrossFit - RS Marni: KM Bag - SL	Rm2: KM Level 4 - KL Rm3: Yoga - KT Marni: KM Bag - SL		
5:15pm	Rm1: km-X Level 3 - KB (45 min) Rm1: KM Level 5 - KC Rm2: KM Level 2 - MK Rm3: KM Level 1 - AJD Marni: Adv. MMA Cond. - SS	Rm1: km-X Level 4 - JM (45 min) Rm1: Intro Ground Fight - RB Rm2: KM Level 3 - JM Rm3: KM Level 2 - JWa Marni: KM Bag - KH/MM	Rm1: km-X Level 2 - MR (45 min) Rm1: Fight 1/2 - MT Rm2: KM Level 2 - RY Rm3: KM Level 1 - KC Marni: KM Bag - RC	Rm1: km-X Level 1 - MR (45 min) Rm1: KM Level 4 - JM Rm3: KM Level 1 - SL Marni: KM Bag - EA	Rm1: km-X Level 1 - KB/AH (45 min) Rm2: KM Level 1 - RC		
6:00pm	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 - SS Rm2: KM Level 1 - RY/MK Rm3: KM Level 2 - JWa Marni: KM Bag - KH/MM	Rm1: Instructor Training Rm2: KM Level 3 - DF Rm3: KM Level 1 - RY Marni: KM Bag - RC	Rm1: Instructor Training Rm2: Yoga - MD Rm3: KM Level 2 - JM Marni: KM Bag - EW	Rm1: Instructor Training Rm2: KM Level 2/3 - TG 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 - SS Rm2: KM Level 1 - RY/MK Rm3: KM Level 2 - JWa Marni: KM Bag - KH/MM	Rm1: Instructor Training Rm2: KM Level 3 - DF Rm3: KM Level 1 - RY Marni: KM Bag - RC	Rm1: Instructor Training Rm2: Yoga - MD Rm3: KM Level 2 - JM Marni: KM Bag - EW	Rm1: Instructor Training Rm2: KM Level 2/3 - TG Rm3: CrossFit - AJL Marni: MMA Conditioning - 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 - SS/MN Marni: KM Bag - EW	Rm1: Instructor Training Rm2: KM Level 4 - TG Marni: Boxing - MT/MK	Rm1: Instructor Training Rm2: Mixed Martial Arts - RC Rm3: KM Level 1 - JM Marni: KM Level 3 - SS	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: Instructor Training Rm2: Wrestling - DZ Rm3: KM Level 2/3 - TG Marni: KM Level 1 - CH	Rm1: Instructor Training Rm2: KM Level 2 - SL Rm3: KM Level 1 - DyF	Rm1: Instructor Training		

Instructors:	AH = Amy Hyland	DF = Dave Famili	JC2 = Joe Seetoo	KH = Kristine Ho	MN = Mark Negrete	RC = Ross Cascio	TG = Todd Goldman
*Subject to change	AJD = AJ Draven	DyF = Dylan Foley	JM = Junior Merkle	KL = Kevin Lewis	MR = Matt Romond	RS = Richard Shallop	TP = Tamara Podemski
	AJL = AJ Lavarías	DZ = Dustin Zahursky	JS = Jerry Schultz	KT = Kiyomi Takahashi	MT = Mitch Tavera	RY = Ryan Yatman	TW = Theran Washington
	AS = Aaron Sokol	EA = Eunjoon An	JWa = Jarret Waldman	MBa = Matt Bahntge	MW = Molly Wootton	SC = Shannon Castro	
	CH = Chris Hunt	EW = Erica Wendland	JWw = Jared Weinstock	MD = Mark Drake	NB = Noemi Briano	SL = Sidisa Levin	
	CM = Cain Mora	FY = Felix Yang	KB = Kevin Bass	MK = Marcus Kowal	NC = Naama Chezar	SS = Sam Sade	
	CW = Carrie Wilson	JC = Jon Catoe	KC = Kelly Campbell	MM = Michael Margolin	RB = Richard Bresler	TA = Tina Angelotti	

