



youth x-training - West LA

MONDAY

4:00 - 4:30pm	km-Xplorers	Matt
4:00 - 4:45pm	km-X Level 1 *45 minutes	Kevin
4:45 - 5:15pm	km-X Level 2	Kevin
5:15 - 6:00pm	km-X Level 3 *45 minutes	Kevin

TUESDAY

3:30 - 4:00pm	km-Xplorers	Junior
4:00 - 4:45pm	km-X Level 1 *45 minutes	Junior
4:45 - 5:15pm	km-X Level 2	Junior
5:15 - 6:00pm	km-X Level 4 *45 minutes	Junior

WEDNESDAY

4:00 - 4:45pm	km-X Level 4 *45 minutes	Matt
4:45 - 5:15pm	X-Class	Matt
5:15 - 6:00pm	km-X Level 2 *45 minutes	Rob

THURSDAY

4:00 - 4:45pm	km-X Level 3 *45 minutes	Matt
4:45 - 5:15pm	X-Class	Matt
5:15 - 6:00pm	km-X Level 1 *45 minutes	Matt

FRIDAY

3:30 - 4:00pm	km-Xplorers	Kevin
4:00 - 4:45pm	km-X Level 1 *45 minutes	Kevin/ Amy
4:45 - 5:30pm	km-X Level 2 *45 minutes	Kevin/ Amy

SATURDAY

9:00 - 9:30am	km-Xplorers - Advanced	Amy
9:30 - 10:00am	km-Xplorers - Beginner	Matt/ Amy
11:30 - 12:15pm	km-X Level 1 *45 minutes	Kevin/ Amy
12:15 - 1:00pm	km-X Level 2 *45 minutes	Kevin/ Amy
1:00 - 1:45pm	km-X Level 3 *45 minutes	Kevin/ Amy
1:45 - 2:30pm	km-X Level 4 *45 minutes	Kevin

SUNDAY

1:30 - 2:30pm	km-X Leadership Team	Matt
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Self Defense • Fitness • Life Skills

11400 W. Olympic Blvd. - Los Angeles, CA 90064

310.966.1300 www.kravmaga-kids.com



km-Xplorers (ages 5-7)

Beginner

White Belt (3 months)
Yellow Belt (3 months)

Advanced

Orange I Belt (3 months)
Orange II Belt (3 months)
Green I Belt (3 months)
Green II Belt (3 months)
Blue Belt (3 months)
Brown Belt (3 months)

km-X (ages 8-13)

Level 1

White Belt (3 months)

Level 2

Yellow Belt (6 months)

Level 3

Orange Belt (6 months)
Green Belt (6 months)

Level 4

Blue Belt (6 months)
Brown Belt (6 months)

X-Class (ages 8-13)

This class is a great compliment to the km-X program.

X-Class will focus on various types of cross-training programs such as: Muay Thai Kickboxing, Stick Defenses, Brazilian Jiu-Jitsu, Gymnastics, Mixed Martial Arts, Cinema Stunts, Sports Conditioning, and more! Open to students ages 8-13 who have their yellow belt or above.

km-X Leadership Team

Junior Instructor Training (*by invitation only*)