



## 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	Matt

### THURSDAY

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

### 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**

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### 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*)