



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Rm2:KM Level 1/2-KM	Rm2: KM Level 2/3-CM Rm4: Strength & Con.-ZM	Rm2: KM Level 1-KM	Rm3: Km Level 2/3-JD Rm4: Strength & Con.-MM			
9:30am	Rm4: Strength & Con.-ZM	Marni: KM Bag-RC Rm2: KM Level 1-KM	Rm4: Strength & Con.-HS	Marni: KM Bag-GK Rm2: KM Level 1-KC		Marni: KM Bag-KHu Rm2: KM Level 2-JW Rm3: KM Kids Xplorers Beg.-AAr	Marni: KM Bag-EL
10:00am						Rm3: KM Kids Xplorers Adv.-AAr	Rm3: KM Kids Xplorers All-KM
10:30am	Rm2 KM Level 2/3-JL		Marni: KM Level 2/3-CM		Marni: KM Level 1-CM	Marni: KM Level 1Aab Rm2: KM Level 3-MA Rm3: KM Kids 1-AAr Rm4: Strength & Con.-TBD	Marni: KM Level 1-MS Rm2: Thai Pads-JL Rm3: KM Teens-KM
11:15am						Rm3: KM Kids 2-AAr	
11:30am						Marni: KM Bag-OL Rm2: KM Level 4/5-MA	Marni: KM Bag - MS Rm2: KM Level 2/3-GK
12:00pm						Rm3: KM Kids 3/4-AAr	
12:15pm	Marni: KM Bag-JL Rm2: KM Level 1-JW	Marni: KM Level 4/5-JW Rm4: Strength & Con.-HS	Marni: KM Bag-RC Rm2: KM Level 1-CM	Marni: KM Level 3/4-KM Rm4: Strength & Con.-MM	Marni: KM Bag- JW Rm2: KM Level 2/3-RS		
12:30pm						Rm2: KM Level 1-KM Marni: Fight 1-CM	Marni: KM Level 1-RN
12:45pm							
3:45pm				Rm3: KM Kids Xplorer Beg.-AAr		RESERVED FOR SEMINARS AND BELT TESTS	RESERVED FOR SEMINARS AND BELT TESTS
4:00pm	Rm3: KM Kids Xplorer Beg.-AAr	Rm3: KM Kids Xplorer Beg.-KM	Rm3: KM Kids 2-AAr		Rm3: KM Kids Xplorers All-AAr		
4:15pm				Rm3: KM Kids 1-AAr			
4:30pm	Rm3: KM Kids 1-AAr Marni: KM Bag-OL	Rm3: KM Kids Xplorer Adv.-KM			Rm3: KM Kids 1-AAr		
4:45pm			Rm3: KM Kids 1-AAr				
5:00pm		Rm3: KM Kids Sparring-KM		Rm3: KM Kids Sparring-AAr			
5:15pm	Rm2: KM Kids 2/3-AAr				Rm3: KM Kids 2-AAr		
5:30pm	Marni: KM Level 1-TG Rm3: KM Level 2-KM	Marni: KM Level 2-RN Rm2: Thai Pads-MA	Marni: KM Level 1-AAb Rm2: Thai Pads-MSo Rm4: Strength & Con.-MSa Rm3: KM Kids 3/4-AAr	Marni: KM Level 3-OL Rm2: KM Level 4/5-CM Rm4: Strength & Con.-MM	Marni: KM Level 1-OL Rm2: Fight 1-CM		
5:45pm		Rm3: KM Kids 3-KM		Rm3: KM Teens-AAr			
6:00pm					Rm3: KM Kids 3/4-AAr		
6:30pm	Marni: KM Bag-OL Rm4: Weapons-TG Rm2: Intro Fight-MSo	Marni: KM Bag- AAb Rm2: KM Level 1-RN Rm4: Strength & Con. -ZM	Marni: KM Bag-AAb Rm2: KM Level 2-OL Rm4: Mobility-MSa	Marni: KM Bag-OL Rm2: KM Level 1-CM	Marni: KM Bag-KHu Rm2: KM Level 2/3-CM		
7:30pm	Rm2:KM Level 1-MSo Marni: KM Level 4/5-OL Rm4:Strength & Con. -MSa	Marni: KM Level 4/5- CH Rm2: KM Level 3-AAb Rm3: Intro Ground Fight-RB	Marni: KM Level 1-OL Rm2: MMA Con. MSo	Marni: KM Level 2/3-MA Rm2: Intro Fight-CM			
8:30pm	Marni: KM Bag-OL Rm2: KM Level 2/3-MA	Marni: KM Bag -AAb Rm2: KM Level 1-KM	Marni: KM Bag-KHu Rm2: KM Level 3/4-OL	Rm2: MMA Grappling-CM Marni: KM Level 1-MA			

KM Bag	KM Level 1	Fight	KM Kids	Strength & Con.	Thai Pads	Mobility
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AAb – Archie Abarghoei	JD – Jay Denton	MR – Matt Romond	RN – Ryan Nissenbaum
AAr – Alfredo Arroyo	JL – James Lee	MS – Miriam Schimmel	RS – Reginald Stalling
CM – Christian Medina	JW – Jason Wonacott	MSa – Michelle Sadigh	TG – Todd Goldman
CH – Christopher Hunt	KHu – Kyle Hughley	MSo- Mikey Sodemani	ZM – Zachary Miller
EL – Erica Lee	KM- Kimberly Mills	OL – Oscar Leiva	
GK – Gabriel Khorramian	MA – Mario Alaniz	RB – Richard Bresler	
HS- Hannah Smith	MM – Michael Margolin	RC – Ross Cascio	

*Classes and instructors subject to change.

KRAV MAGA SELF DEFENSE CLASSES

KM LEVEL 1	Entry level class for all new students.
KM LEVEL 2	Yellow belt students testing for orange belt.
KM LEVEL 3	Orange belt students testing for green belt.
KM LEVEL 4	Green belt students testing for blue belt.
KM LEVEL 5	Blue/Brown belt students testing for brown/black belt.

FIGHTING CLASSES

INTRO FIGHT	Krav Maga street fighting – for beginning level students with little or no fighting experience.
FIGHT 1	Krav Maga street fighting – for beginning level fighters and/or those who have completed the INTRO FIGHT class.
INTRO GROUND FIGHT (BJJ)	An intro to Brazilian Jiu-Jitsu ground fighting.
GROUND FIGHT (BJJ)	Multi-level Brazilian Jiu-Jitsu ground fighting.
GRAPPLING	Covers basic takedown setups, takedowns, and takedown defenses, taught using Krav Maga principles and adapted for self- defense purposes. Open to Level 2 and above, and/or Fight members.
MMA	An advanced fighting class, where the goal is to improve all levels of ring and cage fighting: Stand-up fighting, take downs and ground fighting.
THAI PADS	The instructor in the Thai Pad class will have the students work rounds, doing Thai/kickboxing combinations on the Thai Pads. This class is open only to students who have experience holding and striking Thai pads (e.g., KM 2+, Fight, or previous striking-based martial arts experience).

FITNESS CLASSES

THAI PADS	The instructor in the Thai Pad class will have the students work rounds, doing Thai/kickboxing combinations on the Thai Pads.
KM BAG	A combination of functional strength training, dynamic flexibility, and heavy bag work. The focus of this class is to emphasize muscular strength and cardiovascular endurance. Students will learn correct body alignment and how to build strength through calisthenics while refining KM technique through repetition, drills, and combinations on the bag. These classes are designed to increase student’s power and performance.
STRENGTH & CON.	Based on Cross Fit principles, this class focuses on strength building and toning through body weight exercises and the use of dumbbells and kettle bells.
MOBILITY	Combines yoga and physical therapy to increase flexibility and performance, which will help strengthen all subsequent workouts. <i>(Open to all members)</i>

Kids

KM Kids-Xplorers <i>5 – 7 year olds</i>	Beginner: White and Yellow Belts Advanced: Orange, Green, Blue and Brown Belts
KM-Kids <i>8 – 13 year olds</i>	Level 1: White Belts Level 2: Yellow Belts Level 3: Orange Belts Level 4: Blue and Brown Belts
KM-Kids Sparring	Focused on various typed of cross-training programs such as Muy-Thai, stick defenses, Brazilian Jiu-Jitsu, MMA, Cinema Stunts, sports conditioning and more! Must be yellow belt or above.

NOTES

- Members enrolled in the self-defense classes may attend their class level and any level below, as often as they choose. (i.e. Level 3 member may take Level 1, Level 2, and Level 3 classes)
- Adult classes are approximately 1 hour -- unless otherwise noted. Km-X classes are 30 minutes long.
- Class sizes are limited – please arrive 5-10 minutes early for check-in.
- MANDATORY** Dress code in Krav Maga classes: Krav Maga top, hand towel, and proper athletic shoes.
- Showers are available for your convenience – please bring your own towels.
- Boxing gloves or bag gloves are required for Bag and Thai Pad Classes.
- Fighting gear including: Headgear, mouthpiece, groin protector, shinguards, and 16oz boxing gloves are required for stand up fight classes.

2019 INTRO FIGHT CYCLES

MONDAY 6:30PM			THURSDAY 7:30PM		
January 7	June 3	October 28	February 7	July 11	December 5
March 8	August 12		April 18	September 19	