



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00am</b>	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			
<b>9:30am</b>	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
<b>10:00am</b>						Rm3: KM Kids Xplorers Adv.-AAr	Rm3: KM Kids Xplorers All-KM
<b>10:30am</b>	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
<b>11:15am</b>						Rm3: KM Kids 2-AAr	
<b>11:30am</b>						Marni: KM Bag-OL Rm2: KM Level 4/5-MA	Marni: KM Bag - MS Rm2: KM Level 2/3-GK
<b>12:00pm</b>						Rm3: KM Kids 3/4-AAr	
<b>12:15pm</b>	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		
<b>12:30pm</b>						Rm2: KM Level 1-KM Marni: Fight 1-CM	Marni: KM Level 1-RN
<b>12:45pm</b>							
<b>3:45pm</b>				Rm3: KM Kids Xplorer Beg.-AAr			
<b>4:00pm</b>	Rm3: KM Kids Xplorer Beg.-AAr	Rm3: KM Kids Xplorer Beg.-KM	Rm3: KM Kids 2-AAr		Rm3: KM Kids Xplorers All-AAr		
<b>4:15pm</b>				Rm3: KM Kids 1-AAr			
<b>4:30pm</b>	Rm3: KM Kids 1-AAr Marni: KM Bag-OL	Rm3: KM Kids Xplorer Adv.-KM			Rm3: KM Kids 1-AAr		
<b>4:45pm</b>			Rm3: KM Kids 1-AAr				
<b>5:00pm</b>		Rm3: KM Kids Sparring-KM		Rm3: KM Kids Sparring-AAr			
<b>5:15pm</b>	Rm2: KM Kids 2/3-AAr				Rm3: KM Kids 2-AAr		
<b>5:30pm</b>	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	<b>RESERVED FOR SEMINARS AND BELT TESTS</b>	<b>RESERVED FOR SEMINARS AND BELT TESTS</b>
<b>5:45pm</b>		Rm3: KM Kids 3-KM		Rm3: KM Teens-AAr			
<b>6:00pm</b>					Rm3: KM Kids 3/4-AAr		
<b>6:30pm</b>	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		
<b>7:30pm</b>	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			
<b>8:30pm</b>	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	MM – Michael Margolin	RC – Ross Cascio
AAr – Alfredo Arroyo	JL – James Lee	MR – Matt Romond	RN – Ryan Nissenbaum
CM – Christian Medina	JW – Jason Wonacott	MS – Miriam Schimmel	RS – Reginald Stalling
CH – Christopher Hunt	KC – Kelly Campbell	MSa – Michelle Sadigh	TG – Todd Goldman
EL – Erica Lee	KHu – Kyle Hughley	MSo- Mikey Sodetani	ZM – Zachary Miller
GK – Gabriel Khorramian	KM- Kimberly Mills	OL – Oscar Leiva	
HS- Hannah Smith	MA – Mario Alaniz	RB – Richard Bresler	

\*Classes and instructors subject to change.

**KRAV MAGA SELF DEFENSE CLASSES**

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

**FIGHTING CLASSES**

<b>INTRO FIGHT</b>	Krav Maga street fighting – for beginning level students with little or no fighting experience.
<b>FIGHT 1</b>	Krav Maga street fighting – for beginning level fighters and/or those who have completed the INTRO FIGHT class.
<b>INTRO GROUND FIGHT (BJJ)</b>	An intro to Brazilian Jiu-Jitsu ground fighting.
<b>GROUND FIGHT (BJJ)</b>	Multi-level Brazilian Jiu-Jitsu ground fighting.
<b>GRAPPLING</b>	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.
<b>MMA</b>	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.
<b>THAI PADS</b>	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**

<b>THAI PADS</b>	The instructor in the Thai Pad class will have the students work rounds, doing Thai/kickboxing combinations on the Thai Pads.
<b>KM BAG</b>	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.
<b>STRENGTH &amp; CON.</b>	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.
<b>MOBILITY</b>	Combines yoga and physical therapy to increase flexibility and performance, which will help strengthen all subsequent workouts. <i>(Open to all members)</i>

**Kids**

<b>KM Kids-Xplorers</b> <i>5 – 7 year olds</i>	Beginner: White and Yellow Belts Advanced: Orange, Green, Blue and Brown Belts
<b>KM-Kids</b> <i>8 – 13 year olds</i>	Level 1: White Belts Level 2: Yellow Belts Level 3: Orange Belts Level 4: Blue and Brown Belts
<b>KM-Kids Sparring</b>	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	