

|         | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Sunday   |          |          |
|---------|--|--|--|---|--|--|--|----------|----------|
| 6:00am  | Rm3: CrossFit All – TA   | Marni: KM Bag - MW<br>Rm3: CrossFit All – MM   | Marni: KM Bag - BM<br>Rm3: CrossFit All – GD   | Marni: KM Bag - BM<br>Rm3: CrossFit All – TA  | Rm3: CrossFit All - GD   |  |  |          |          |
| 7:00am  | Rm2: KM Level 2/3 - TG<br>Rm3: CrossFit All - TA<br>Marni: KM Level 1 - BM   | Rm2: KM Level 4/5 - JW<br>Marni: KM Level 1 – TG<br>Rm3: CrossFit All - MM   | Marni: KM Level 1/2 - TG<br>Rm2: Fight 1 - CH<br>Rm3: CrossFit All - MM                          | Rm2: KM Level 3/4 - TG<br>Marni: KM Level 1 - BM<br>Rm3: CrossFit All - TA  | Marni: KM Level 2/3 - JW<br>Rm3: CrossFit All - GD                           |  |  |          |          |
| 8:00am  |  |  |  |   |  | Rm3: CrossFit 3-TA (90 mins)   |  |          |          |
| 8:30am  |  |  |  |   |  | Marni: KM Bag - TBD  |  |          |          |
| 9:30am  |  |  |  |   |  | Rm1: KM Kids Xplorers Beg - OL<br>Rm2: KM Level 3 - NB<br>Rm3: CrossFit 2 – ZK<br>Marni: KM Level 1 - GK | Rm2: KM Level 2 – TL<br>Marni: KM Bag – DD<br>Rm3: CrossFit 2 - SB                   |          |          |
| 10:00am | Marni: KM Level 2 -RC  |  |  |   |  | Rm1: KM Kids Xplorers Adv - OL   |  |          |          |
| 10:30am |  |  |  |   |  | Rm1: Advanced Belt Prep<br>Rm2: KM Level 2 - NB<br>Rm3: CrossFit 1 - ZK<br>Marni: KM Bag - GK            | Rm3: Mobility – SB/ZK<br>Rm2: Intro Fight – RA<br>Marni: KM Level 1 - TL             |          |          |
| 11:30am |  |  |  |   |  | Rm1: KM Level 4 – TG<br>Rm2: KM Kids 1 - TBD<br>Rm3: KM Level 1 - GK<br>Marni: Advanced Fight - CH       | Rm3: CrossFit 1 – SB/ZK<br>Marni: Cardio Con - DD                                    |          |          |
| 12:15pm | Rm2: KM Level 1 – GK<br>Rm3: CrossFit All – TA<br>Marni: KM Bag - RC   | Rm2: KM Level 3/4 – TG<br>Rm3: CrossFit All – NK<br>Marni: KM Bag - GK   | Rm2: KM Level 1 – GK<br>Rm3: CrossFit All – TBD<br>Marni: KM Bag - TA                            | Rm1: KM Level 1 – GK<br>Rm2: KM Level 2/3 – WM<br>Rm3: CrossFit All – TA<br>Marni: KM Bag - KCa                           | Rm3: CrossFit All – GD<br>Marni: KM Bag – GK                                 | Rm2: KM Kids 2 - TBD   |  |          |          |
| 12:30pm |  |  |  |   |  | Rm2: Ground Fight – RB<br>Rm3: Cardio Con – HS<br>Marni: KM Level 1 - TG                                 | Rm2: KM Level 1 – TL<br>Rm3: KM Teens – TBD<br>Marni: KM Bag - AA                    |          |          |
| 1:00pm  |  |  |  |   |  | Rm1: KM Kids 3/4- TBD  |  |          |          |
| 1:30pm  |  |  |  |   |  | Marni: KM Bag – HS<br>Rm2: KM Level 2 - CH   |  |          |          |
| 4:00pm  | Rm1: KM Kids Xplorers - MR<br>Marni: KM Level 1 - AA   | Rm1: KM Kids Xplorers – OL<br>Marni: KM Level 1 - WM   | Rm1: KM Kids 2 - RC<br>Rm3: Cardio Con – NK  | Marni: KM Level 1 – KC  | Rm1: KM Kids Xplorers – MR<br>Marni: KM Level 1 – RC<br>Rm3: Cardio Con – NK |  |  |          |          |
| 4:30pm  | Rm1: KM Kids 1 – MR<br>Rm3: CrossFit 2 – JT<br>Marni: KM Bag - KCa   | Rm1: KM Kids 1/2 -OL<br>Rm2: KM Level 2 - WM<br>Rm3: CrossFit 2 – TA<br>Marni: KM Bag – GK                           | Rm1: KM Teens – RC<br>Rm2: MMA Grappling - KCa<br>Rm3: CrossFit 1 – NK<br>Marni: KM Level 1 - TG | Rm2: KM Level 2 – AA<br>Rm3: CrossFit 2 –SG<br>Marni: Mobility – MSa  | Rm1: KM Kids 1/2-MR<br>Rm3: CrossFit 2 – NK<br>Marni: KM Bag - RC            |  |  |          |          |
| 5:00pm  |  |  |  |   |  |  |  |          |          |
| 5:15pm  | Rm1: KM Kids 2/3- DB<br>Rm1: KM Level 4/5 – DB<br>Rm2: KM Level 2 – WM<br>Rm3: Cardio Con – NK<br>Marni: KM Level 1 - AA | Rm1: KM Kids 3/4- OL<br>Rm1: Intro Ground – RB<br>Rm2: KM Level 4/5 – GK<br>Rm3: Mobility - TA<br>Marni: KM Bag – WM | Rm1: Fight 1/2 – KCa<br>Rm2: KM Level 2 – TG<br>Rm3: Combatives – WM<br>Marni: KM Bag - RC       | Rm1: KM Kids 1 – MR<br>Rm1: KM Level 4 – DB<br>Rm2: KM Level 1 – AA<br>Rm3: Barbell - SG (90 mins)<br>Marni: KM Bag – KCa | Rm1: KM Kids Xplorers – MR<br>Marni: KM Level 1 – RC<br>Rm3: Cardio Con – NK | <b>RESERVED<br/>         FOR<br/>         SEMINARS<br/>         AND BELT TESTING</b>                     | <b>RESERVED<br/>         FOR<br/>         SEMINARS<br/>         AND BELT TESTING</b> |          |          |
| 6:00pm  | Rm1: KM Level 2 – AA<br>Rm2: KM Level 3 – WM<br>Rm3: Mobility – RM<br>Marni: KM Bag – TBD                                | Rm1: KM Level 3 – OL<br>Rm2: Advanced Fight – RA<br>Rm3: Cardio Con – NK<br>Marni: KM Level 1 – WM                   | Rm1: KM Level 3 – MT<br>Rm2: KM Level 1 – JD<br>Rm3: CrossFit 2 –ST<br>Marni: KM Bag – RC        | Rm2: KM Level 3 – DB<br>Marni: KM Bag - AA  | Rm2: KM Level 2/3 – AA<br>Marni: KM Bag - RC                                 |  |  |          |          |
| 7:00pm  | Rm2: Ground Fight – RB<br>Rm3: CrossFit 1 – MM<br>Marni: KM Bag – WM   | Rm1: Intro Fight – RS<br>Rm2: KM Level 2 – OL<br>Rm3: CrossFit 2 – NK<br>Marni: KM Bag - CM                          | Rm2: Weapons – WM<br>Rm3: CrossFit 2 – ST<br>Marni: Boxing – MT                                  | Marni: KM Level 1 – DB<br>Rm3: CrossFit 1- ZK   |  |  |  |          |          |
| 8:00pm  |  |  |  |   |  |  |  |          |          |
| 9:00pm  | Marni: KM Level 1 - DBo  | Marni: KM Level 1- RS  | Marni: KM Level 1 - JD   |   |  |  |  |          |          |
|         | KM Bag   | KM Level 1   | Fight  | KM Kids   | Cardio Conditioning  |  |  | CrossFit | Mobility |

|                       |                       |                       |                     |                      |                     |
|-----------------------|-----------------------|-----------------------|---------------------|----------------------|---------------------|
| AA – Archie Abarghohi | EO – Enrique Ochoa    | JT – Jake Theis       | MT – Mitch Tavera   | RB – Richard Bresler | TA – Tina Angelotti |
| BM – Benjamin Mitnick | GD – Gerald Downey    | KC – Kelly Campbell   | MW – Molly Wootton  | RC – Ross Cascio     | TG – Todd Goldman   |
| CH – Chris Hunt       | GK – Gabe Khorrarnian | KCa – Kevin Casey     | NB – Noemi Briano   | RM – Rosa Morrow     | TL – Teni Lopez     |
| DB – Daniel Beebe     | HS – Hannah Smith     | MM – Michael Margolin | NK – Nicko Kazadzis | SB – Sterling Brown  | WM – Wayne Miller   |
| DBo – Danny Boluarte  | JD – Jay Denton       | MR – Matt Romond      | OL – Oscar Leiva    | SG – Sam Guerra      | ZK – Zack Kaplan    |
| DD – Denise Dominguez | JW – Jason Wonacott   | MS – Michelle Sadigh  | RA – Raymond Ayala  | ST – Shayna Thea     |                     |

**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.   |
| <b>ADVANCED BELT PREP</b> | Detailed workshop review of techniques to prepare students for their next belt test. This is <i>not</i> for new Level 3 or 4 students – it is for students who are close to testing. |
| <b>COMBATIVES</b>         | Work on all Krav Maga strikes from basic punches to spinning kicks. Drill fundamentals to perfect your technique.  |
| <b>WEAPONS</b>            | Focused on defending knives, guns, and more. Open to all Krav Maga Level 2 students and above.   |

**FITNESS CLASSES**

|                            |   |
|----------------------------|---|
| <b>KM BAG</b>              | A combination of functional strength training, dynamic flexibility, and heavy bag work. An emphasis on muscular strength and cardiovascular endurance.        |
| <b>CARDIO CONDITIONING</b> | Get high intensity functional movement without barbells and a cardio workout without heavy weights.   |
| <b>MOBILITY</b>            | Combines yoga and physical therapy to increase flexibility and performance, which will help strengthen all subsequent work outs. <i>(Open to all members)</i> |

**FIGHTING CLASSES**

|                          |   |
|--------------------------|---|
| <b>INTRO FIGHT</b>       | Krav Maga street fighting – for beginning level students with little or no fighting experience.         |
| <b>FIGHT 1/2</b>         | Krav Maga street fighting – for beginning level fighters and those who completed the INTRO FIGHT class. |
| <b>ADVANCED FIGHT</b>    | Krav Maga street fighting – for intermediate level fighters.  |
| <b>INTRO BJJ (No Gi)</b> | An intro to Brazilian Jiu-Jitsu ground fighting.  |
| <b>BJJ</b>               | Multi-level Brazilian Jiu-Jitsu ground fighting. <i>(Gi preferred on Mondays)</i>                       |
| <b>BOXING</b>            | Traditional boxing class with emphasis on footwork, head movement, and sparring                         |
| <b>MMA Grappling</b>     | A mixture of wrestling and Brazilian Jiu-Jitsu, with a focus on grappling and striking.                 |

**CROSSFIT**

|                   |   |
|-------------------|---|
| <b>CROSSFIT 1</b> | Open to all levels-this will be the workout of the day posted on the blog. Designed to move at a slower pace with greater explanation of mechanics and proper technique.                      |
| <b>CROSSFIT 2</b> | Fast paced class that requires movement proficiency. More time is spent on gymnastics, weightlifting, and the mental aspects of training. Must be cleared by a CrossFit Coach to attend CF 2. |
| <b>CROSSFIT 3</b> | Training with little to no emphasis on a time component. Must be cleared by a CrossFit Coach to attend.   |
| <b>BARBELL</b>    | Learn and refine the skills of moving a barbell in relation to Olympic Lifting techniques.  |

**KM Kids**

|   |   |
|---|---|
| <b>KM Kids Xplorers</b><br><i>5 – 7 year olds</i> | Beginner: White and Yellow Belts<br>Advanced: Orange, Green, Blue and Brown Belts   |
| <b>KM Kids</b><br><i>8 –13 year olds</i>          | Level 1: White Belts<br>Level 2: Yellow Belts<br>Level 3: Orange and Green Belts<br>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! <b>Must be yellow belt or above.</b> |

**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, shin guards, and 16oz boxing gloves are required for stand up fight classes.

**2019 INTRO FIGHT CYCLES**

| Tuesday 8:00 PM |             |             | SATURDAY 11:30AM |          |             | SUNDAY 10:30AM |             |             |
|-----------------|-------------|-------------|------------------|----------|-------------|----------------|-------------|-------------|
| February 5      | June 25     | November 12 | January 5        | May 25   | October 12  | February 3     | June 30     | November 17 |
| April 16        | September 3 |             | March 16         | August 3 | December 21 | April 14       | September 8 |             |