

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Rm3: CrossFit All – TA	Marni: KM Bag - MW Rm3: CrossFit All – MM	Marni: KM Bag - BM Rm3: CrossFit All – GD	Marni: KM Bag - BM Rm3: CrossFit All – TA	Rm3: CrossFit All - GD				
7:00am	Rm2: KM Level 2/3 - TG Rm3: CrossFit All - TA Marni: KM Level 1 - BM	Rm2: KM Level 4/5 - JW Marni: KM Level 1 – TG Rm3: CrossFit All - MM	Marni: KM Level 1/2 - TG Rm2: Fight 1 - CH Rm3: CrossFit All - MM	Rm2: KM Level 3/4 - TG Marni: KM Level 1 - BM Rm3: CrossFit All - TA	Marni: KM Level 2/3 - JW 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 Rm2: KM Level 3 - NB Rm3: CrossFit 2 – ZK Marni: KM Level 1 - GK	Rm2: KM Level 2 – TL Marni: KM Bag – DD Rm3: CrossFit 2 - SB		
10:00am	Marni: KM Level 2 -RC					Rm1: KM Kids Xplorers Adv - OL			
10:30am						Rm1: Advanced Belt Prep Rm2: KM Level 2 - NB Rm3: CrossFit 1 - ZK Marni: KM Bag - GK	Rm3: Mobility – SB/ZK Rm2: Intro Fight – RA Marni: KM Level 1 - TL		
11:30am						Rm1: KM Level 4 – TG Rm2: KM Kids 1 - TBD Rm3: KM Level 1 - GK Marni: Advanced Fight - CH	Rm3: CrossFit 1 – SB/ZK Marni: Cardio Con - DD		
12:15pm	Rm2: KM Level 1 – GK Rm3: CrossFit All – TA Marni: KM Bag - RC	Rm2: KM Level 3/4 – TG Rm3: CrossFit All – NK Marni: KM Bag - GK	Rm2: KM Level 1 – GK Rm3: CrossFit All – TBD Marni: KM Bag - TA	Rm1: KM Level 1 – GK Rm2: KM Level 2/3 – WM Rm3: CrossFit All – TA Marni: KM Bag - KCa	Rm3: CrossFit All – GD Marni: KM Bag – GK	Rm2: KM Kids 2 - TBD			
12:30pm						Rm2: Ground Fight – RB Rm3: Cardio Con – HS Marni: KM Level 1 - TG	Rm2: KM Level 1 – TL Rm3: KM Teens – TBD Marni: KM Bag - AA		
1:00pm						Rm1: KM Kids 3/4- TBD			
1:30pm						Marni: KM Bag – HS Rm2: KM Level 2 - CH			
4:00pm	Rm1: KM Kids Xplorers - MR Marni: KM Level 1 - AA	Rm1: KM Kids Xplorers – OL Marni: KM Level 1 - WM	Rm1: KM Kids 2 - RC Rm3: Cardio Con – NK	Marni: KM Level 1 – KC	Rm1: KM Kids Xplorers – MR Marni: KM Level 1 – RC Rm3: Cardio Con – NK				
4:30pm	Rm1: KM Kids 1 – MR Rm3: CrossFit 2 – JT Marni: KM Bag - KCa	Rm1: KM Kids 1/2 -OL Rm2: KM Level 2 - WM Rm3: CrossFit 2 – TA Marni: KM Bag – GK	Rm1: KM Teens – RC Rm2: MMA Grappling - KCa Rm3: CrossFit 1 – NK Marni: KM Level 1 - TG	Marni: KM Level 1 – KC Rm2: KM Level 2 – AA Rm3: CrossFit 2 –SG Marni: Mobility – MSa	Rm1: KM Kids 1/2-MR Rm3: CrossFit 2 – NK Marni: KM Bag - RC				
5:00pm									
5:15pm	Rm1: KM Kids 2/3- DB Rm1: KM Level 4/5 – DB Rm2: KM Level 2 – WM Rm3: Cardio Con – NK Marni: KM Level 1 - AA	Rm1: KM Kids 3/4- OL Rm1: Intro Ground – RB Rm2: KM Level 4/5 – GK Rm3: Mobility - TA Marni: KM Bag – WM	Rm1: Fight 1/2 – KCa Rm2: KM Level 2 – TG Rm3: Combatives – WM Marni: KM Bag - RC	Rm1: KM Kids 1 – MR Rm1: KM Level 4 – DB Rm2: KM Level 1 – AA Rm3: Barbell - SG (90 mins) Marni: KM Bag – KCa	Rm1: KM Kids Xplorers – MR Marni: KM Level 1 – RC Rm3: Cardio Con – NK Rm1: Instructor Training Rm3: CrossFit 1 – NK Marni: KM Level 1 – AA	RESERVED FOR SEMINARS AND BELT TESTING	RESERVED FOR SEMINARS AND BELT TESTING		
6:00pm	Rm1: KM Level 2 – AA Rm2: KM Level 3 – WM Rm3: Mobility – RM Marni: KM Bag – TBD	Rm1: KM Level 3 – OL Rm2: Advanced Fight – RA Rm3: Cardio Con – NK Marni: KM Level 1 – WM	Rm1: KM Level 3 – MT Rm2: KM Level 1 – JD Rm3: CrossFit 2 –ST Marni: KM Bag – RC	Rm2: KM Level 3 – DB Marni: KM Bag - AA	Rm2: KM Level 2/3 – AA Marni: KM Bag - RC				
7:00pm	Rm2: Ground Fight – RB Rm3: CrossFit 1 – MM Marni: KM Bag – WM	Rm1: Intro Fight – RS Rm2: KM Level 2 – OL Rm3: CrossFit 2 – NK Marni: KM Bag - TBD	Rm2: Weapons – WM Rm3: CrossFit 2 – ST Marni: Boxing – MT	Marni: KM Level 1 – DB 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	GD – Gerald Downey	KC – Kelly Campbell	MW – Molly Wootton	RC – Ross Cascio	TA – Tina Angelotti
BM – Benjamin Mitnick	GK – Gabe Khorramian	KCa – Kevin Casey	NB – Noemi Briano	RS – Reginald Stalling	TG – Todd Goldman
CH – Chris Hunt	HS – Hannah Smith	MM – Michael Margolin	NK – Nicko Kazadzis	RM – Rosa Morrow	TL – Teni Lopez
DB – Daniel Beebe	JD – Jay Denton	MR – Matt Romond	OL – Oscar Leiva	SB – Sterling Brown	WM – Wayne Miller
DBo – Danny Boluarte	JW – Jason Wonacott	MS – Michelle Sadigh	RA – Raymond Ayala	SG – Sam Guerra	ZK – Zack Kaplan
DD – Denise Dominguez	JT – Jake Theis	MT – Mitch Tavera	RB – Richard Bresler	ST – Shayna Thea	

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.
ADVANCED BELT PREP	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.
COMBATIVES	Work on all Krav Maga strikes from basic punches to spinning kicks. Drill fundamentals to perfect your technique.
WEAPONS	Focused on defending knives, guns, and more. Open to all Krav Maga Level 2 students and above.

FITNESS CLASSES

KM BAG	A combination of functional strength training, dynamic flexibility, and heavy bag work. An emphasis on muscular strength and cardiovascular endurance.
CARDIO CONDITIONING	Get high intensity functional movement without barbells and a cardio workout without heavy weights.
MOBILITY	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

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

CROSSFIT

CROSSFIT 1	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.
CROSSFIT 2	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.
CROSSFIT 3	Training with little to no emphasis on a time component. Must be cleared by a CrossFit Coach to attend.
BARBELL	Learn and refine the skills of moving a barbell in relation to Olympic Lifting techniques.

KM 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 and Green 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, 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	