



| | 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 | 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: 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 - RD | 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 |

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

KRAV MAGA SELF DEFENSE CLASSES

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|---------------------------|--|
| 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

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|----------------------------|---|
| 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

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|--------------------------|---|
| 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

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|-------------------|---|
| 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

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| KM Kids Explorers <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 | |