



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

KM Bag	KM Level 1	Fight	KM Kids	Cardio Conditioning	CrossFit	Mobility
--------	------------	-------	---------	---------------------	----------	----------

AA – Archie Abarghoei	DD – Denise Dominguez	JT – Jake Theis	MS – Michelle Sadigh	RA – Raymond Ayala	ST – Shayna Thea
AS – Alexis Sexton	GD – Gerald Downey	KC – Kelly Campbell	MT – Mitch Tavera	RB – Richard Bresler	TA – Tina Angelotti
BM – Benjamin Mitnick	GK – Gabe Khorramian	KCa – Kevin Casey	MW – Molly Wootton	RC – Ross Cascio	TG – Todd Goldman
DB – Daniel Beebe	HS – Hannah Smith	KF – Karlton Frazier	NB – Noemi Briano	RM – Rosa Morrow	TL – Teni Lopez
DBo – Danny Boluarte	JD – Jay Denton	MM – Michael Margolin	NK – Nicko Kazadzis	RT – Remington Thorne	WM – Wayne Miller
	JW – Jason Wonacott	MR – Matt Romond	OL – Oscar Leiva	SG – Sam Guerra	ZK – Zack Kaplan

**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 MOBILITY</b>	Get high intensity functional movement without barbells and a cardio workout without heavy weights. 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

**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> <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 and Green Belts Level 4: Blue and Brown Belts
<b>KM Kids Sparring</b>	<b><i>Must be yellow belt or above.</i></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. Kids classes are either 30 or 45 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			SUNDAY 9:30AM		
February 4	June 23	October 10	January 26	June 21	November 8
April 14	September 1		April 5	August 30	