



15233 Ventura Blvd. #100 • Sherman Oaks, CA 91403  
 Tel (818) 377-7700 Fax (818) 377-5408  
 www.kravmaga.com

Last Revised  
 February 1, 2023

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	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	Rm4: Strength&Con - HS	Marni: KM Bag - GK	Rm4: Strength&Con - HS		
8:30 AM				Marni: KM Bag - CM	Marni: KM Bag - GK
11:00 AM	Marni: KM Bag - JD	Marni: KM Level 2/3 - CM	Marni: KM Bag - AA	Marni: KM Level 2/3 - AA	Marni: KM Bag - AA
12:00 PM	Marni: KM Level 1/2- JD	Marni: KM Level 1 - CM	Marni: KM Level 2 - AA	Marni: KM Level 1 - AA	Marni: KM Level 1/2 - AA
4:00 PM		Marni: KM Xplorers (Ages 5-7) - GK	Marni: KM Xplorers (Ages 5-7) - GK		Marni: KM Xplorers (Ages 5-7) - CM
4:30 PM	Marni: KM Kids Level 1 (Ages 8-13) - OL	Marni: KM Kids Level 1 (Ages 8-13) - GK	Marni: KM Kids Level 1 (Ages 8-13) - GK	Marni: KM Kids Level 2 (Ages 8-13) - CM	Marni: KM Kids Level 1 (Ages 8-13) - CM
		Rm2: KM Kids Level 2/3 (Ages 8-13) - CM			
5:30 PM	Rm4: Strength&Con - AK	Marni: KM Level 3 - GK	Marni: KM Bag - GK	Rm4: Strength&Con - DL	Marni: KM Bag - CM
	Rm2: KM Level 2 - OL	Rm2: KM Level 1 - AA	Rm2: KM Level 2 - MS	Marni: KM Level 1 - CM	
	Marni: KM Bag - JW				
6:30 PM	Marni: KM Level 1 - OL	Marni: KM Bag - MA	Rm2: KM Level 4/5 - MS	Rm2: Fight Fundamentals - CM	Marni: KM Level 1 - CM
	Rm2: Weapons - JW	Rm2: Fight Fundamentals - AA	Marni: KM Level 1 - GK	Marni: KM Bag - AA	
7:30 PM		Marni: KM Level 1 - MA	Marni: GROUND - CM	Rm2: KM Level 1 - CM	
		Rm2: KM Level 2 - AA		Marni: KM Level 2 - AA	

	Saturday	Sunday
9:00 AM	Marni: KM Xplorers (Ages 5-7) - OL	
9:30 AM	Rm2: KM Kids Level 1 (Ages 8-13) - OL	Rm4: Strength&Con - DD
	Marni: KM Bag - MA	Rm2: KM Level 4/5 -GK
		Marni: KM Level 1/2- MS
10:30 AM	Marni: KM Level 1 - OL	Marni: KM Bag - DD
	Rm4: Strength&Con - DL	Rm2: Fight 1 - MS
	Rm3: KM Kids Level 2/3 (Ages 8-13) - MA	Rm2: KM Kids Level 1 (Ages 8-13) - GK
11:30 AM	Rm2: KM Level 2 - AA	RESERVED FOR SEMINARS AND BELT TEST
	Marni: KM Bag - OL	
	Rm3: KM Level 3 - MA	
12:30 PM	Rm2: KM Level 1 - AA	
2:00 PM - 8:30 PM	RESERVED FOR SEMINARS AND BELT TEST	

AA- Archie Abarghoei	DD - Denise Dominguez	OL - Oscar Leiva	MS- Mikey Sodetani
MA - Mario Alaniz	GK - Gabriel Khorramian	DL- Danielle Lewis	JW- Jason Wonacott
JD - Jay Denton	AK - Adam Korenman	CM- Christian Medina	

\*Classes and instructors subject to change.

Color Codes for Class Types

KM Level 1	KM Xplorers/KM Kids
KM Bag	Thai Pads
Strength & Con	Fight

2023 INTRO FIGHT CYCLES (10 week cycles)			
TUESDAY 6:30 PM Sherman Oaks		THURSDAY 6:30 PM Sherman Oaks	
Mar 14	May 30	Feb 23	May 11
Aug 22	Nov 7	Jul 27	Oct 12



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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 4/5</b>	Green / Blue /Brown belt students testing for blue/ brown /Black belt.
<b>WEAPONS</b>	Focused on defending knives, guns, and more. Open to all 034733034733 Maga Level 2 students and above.
FIGHTING CLASSES	
<b>FIGHT FUNDAMENTALS</b>	Krav Maga street fighting – for level 2 and above students with little or no fighting experience.
FITNESS CLASSES	
<b>THAI PADS</b>	The instructor in the Thai Pads 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).
<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; CONDITIONING</b>	Are you ready to get in shape? This is a general physical preparedness class that focuses on increasing one's strength and conditioning through functional movements and athletic training done at different levels of intensity to promote an all-encompassing well-balanced fitness program. The programming is designed and the instructors are trained to accommodate multiple levels of experience and fitness in one class.
Kids	
<b>KM Xplorers</b> 5 – 7 year olds	Beginner: White and Yellow Belts Advanced: Orange, Green, Blue and Brown Belts
<b>KM Kids</b> 8 – 13 year olds	Level 1: White Belts Level 2: Yellow Belts Level 3: Orange Belts Level 4: Blue and Brown Belts
NOTES	
1	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)
2	Adult classes are approximately 50 - 60 min. unless otherwise noted. KM Xplorers classes are 30 minutes, and KM Kids classes are 45 minutes long.
3	Class sizes are limited – please arrive 5-10 minutes early for check-in.
4	Showers are available for your convenience – please bring your own towels.
5	Boxing gloves or bag gloves are required for Bag and Thai Pad Classes.
6	Fighting gear including: Headgear, mouthpiece, groin protector, shin guards, and 16oz boxing gloves are required for stand up fight classes.
7	Room 4 (Strength & Conditioning room) is for ages 14 and up only, and minors must be under adult supervision at all times.