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Last Revised
 February 1, 2023

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	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 AM	Rm3: Strength&Con: TA	Rm3: Strength&Con: MM	Rm3: Strength&Con: TA	Rm3: Strength&Con: TA	Rm3: Strength&Con: AJ
12:00 PM	Marni: KM Bag: RC	Marni: KM Level 1/2: GK	Marni: KM Bag: RC	Marni: KM Bag: TD	Marni: KM Bag: GK
3:45 PM	Rm2: KM Xplorers (Ages 5-7) KC				
4:00 PM		Rm2: KM Xplorers (Ages 5-7) KC		Rm2: KM Xplorers (Ages 5-7) KC	
4:15 PM	Rm2: KM Kids Level 1: (Ages 8-13) KC				
4:30 PM		Rm2: KM Kids Level 1: (Ages 8-13) KC		Rm2: KM Kids Level 1: (Ages 8-13) OL	
5:00 PM	Rm2: KM Level 1: KC Rm3: Strength&Con: TA	Marni: KM Bag: RC Rm3: Weightlifting: MM	Marni: KM Level 1: TG Rm3: Weightlifting: ZK	Marni: KM Bag: KF Rm3: Weightlifting: ZK	Marni: KM Bag: AA
5:15 PM		Rm2: KM Kids Level 2: (Ages 8-13) KC		Rm2: KM Kids Level 2/3: (Ages 8-13) OL	
6:00 PM	Marni: KM Bag: TG	Marni: KM Level 1: TG	Marni: KM Bag: KF	Marni: KM Level 1: KF	Marni: KM Level 1/2: AA
	Rm 2: KM Level 2: DB	Rm3: Strength&Con: MM	Rm2: KM Level 2: DB	Rm1: KM Level 4/5: KC	
	Rm3: Weightlifting: TA		Rm3: Strength&Con: ZK	Rm2: KM Level 3: OL	
7:00 PM				Rm3: Strength&Con: ZK	
	Marni: KM Level 1: TG Rm2: KM Level 3: DB	Marni: KM Bag: NK Rm 2: KM Level 2: TG	Marni: KM Level 3: TG Rm2: KM Level 1: DB	Marni: KM Bag: OL Rm2: KM Level 2: KC	

	Saturday
8:15 AM	Rm3: Strength & Con: TA
9:30 AM	Marni: KM Bag: MW
	Rm2: KM Level 4/5: TG
10:00 AM	Rm1: KM Kids Level 2/3 (Ages 8-13) GK
10:30 AM	Marni: KM Level 1: TG
	Rm2: KM Level 2: CH
	Rm3: Strength & Con: ZK
11:00 AM	Rm1: KM Xplorers (Ages 5-7) GK
11:30 AM	Marni: KM Kids Level 1 (Ages 8-13) GK
	Rm2: Fight Fundamentals: CH
12:30 PM	Marni: KM Level 1: GK
	Rm2: Ground Skill Development: CM
2:00 PM - 8:30 PM	RESERVED FOR SEMINARS AND BELT TEST

AA- Archie Abarghoei	RC - Ross Cascio	CH - Chris Hunt	GK - Gabriel Khorramian	MW - Molly Wootton
TA - Tina Angelotti	TD - Troy Donnell	AJ - Alyse Jacobsen	OL - Oscar Leiva	
DB - Daniel Beebe	KF - Karlton Frazier	ZK - Zack Kaplan	MM - Michael Margolin	
KC - Kelly Campbell	TG - Todd Goldman	NK - Nicko Kazadzis	CM - Christian Medina	

*Classes and instructors subject to change.

2023 INTRO FIGHT CYCLES (10 week cycles)	
SATURDAY 11:30 AM WLA	
Feb 4	April 22
Jul 8	Sep 23
Dec 9	

2023 GROUND SKILLS DEVELOPMENT CYCLES (10 week cycles)	
SATURDAY 12:30 PM WLA	
Jan 7	March 25
Jun 17	Sep 2
Nov 18	

Color Codes for Class Types

KM Bag
KM Level 1
Fight
KM Xplorers/ KM Kids
Fitness



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 4/5	Green / Blue /Brown belt students testing for blue/ brown /Black belt.
WEAPONS	Focused on defending knives, guns, and more. Open to all 034733034733 Maga Level 2 students and above.

FIGHTING CLASSES

FIGHT FUNDAMENTALS	Krav Maga street fighting – for level 2 and above students with little or no fighting experience.
GROUND SKILLS	KM Ground Skills Development – Understand and develop vital skills for self-defense on the ground. This 10-week cycle emphasizes Krav Maga techniques and movements when entangled with an attacker on the floor. Open to Krav Maga Level 2 students and above with Fight program on membership.

FITNESS CLASSES

KM BAG	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.
STRENGTH & CONDITIONING	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

KM 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 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.