

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	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		
7:00am	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		
8:00am						Rm3: CrossFit 3-TA (90 mins)	
8:30am						Marni: KM Bag - DD	
9:30am						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 - RA Rm3: CrossFit 2 - ZK Marni: KM Bag - DD
10:00am						Rm1: KM Kids Explorers Adv - OL	
10:30am						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
11:30am						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
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 – 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		
12:30pm						Rm2: Ground Fight – RB Rm1: KM Level 1 – TG Marni: KM Bag - HS	
1:00pm						Rm3: KM Kids 3/4- TBD	
1:30pm						Marni: KM Level 2 – CH	
4:00pm	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		
4:30pm	Rm1: KM Kids 1 – MR	Rm1: KM Kids 1/2 -OL			Rm1: KM Kids 1/2-MR		
5:00pm	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		
5:15pm	Rm1: KM Kids 2/3 – DB			Rm1: KM Kids 1 – MR			
6:00pm	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		RESERVED FOR SEMINARS AND BELT TESTING
7:00pm	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		
8:00pm	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
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AA – Archie Abarghohi	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
CH – Chris Hunt	JW – Jason Wonacott	MR – Matt Romond	OL – Oscar Leiva	SG – Sam Guerra	ZK – Zack Kaplan

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 MOBILITY	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

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

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	<i>Must be yellow belt or above.</i>

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 10:30AM		
February 5	June 25	November 12	February 3	June 30	November 17
April 16	September 3		April 14	September 8	