

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---|--|--|--|---|--|---|
| 7:00am | Rm2:KM Level 1/2-KM | Rm2: KM Level 2/3-JD Rm4: Strength & Con-ZM | Rm2: KM Level 1/2-KM | Rm3: Km Level 3/4-JD Rm4: Strength&Con- MM | | | |
| 9:30am | Rm4: Strength & Con-ZM | Marni: KM Bag-RC | Rm4: Strength & Con-HS | Marni: KM Bag-GK | | Marni: KM Bag-KHu Rm2: KM Level 2-JW Rm3: KMKidsXplorers Beg.-AAR | Marni: KM Bag-DR |
| 10:00am | | | | | | Rm3: KMKidsXplorers Adv.-AAR | Rm3: KMKidsXplorers All-KM |
| 10:30am | Rm2: KM Level 2/3-RS | Rm2: KM Level 1-KM | Rm2: KM Level 2/3-CM | Rm2: KM Level 1-OL | Marni: KM Level 1-CM | Marni: KM Level 1Aab/RS Rm2: KM Level 3-MA Rm3: KM Kids 1-AAR Rm4: Strength & Con.-MM | Marni: KM Level 1-MS Rm2: Thai Pads-GK Rm3: KM Teens-KM |
| 11:15am | | | | | | Rm3: KM Kids 2-AAR | |
| 11:30am | | | | | | Marni: KM Bag-OL Rm2: KM Level 4/5-MA | Marni: KM Bag - MS Rm2: KM Level 2/3-GK |
| 12:00pm | | | | | | Rm3: KM Kids 3/4-AAR | |
| 12:15pm | Marni: KM Bag-RT Rm2: KM Level 1-JW | Marni: KM Level 4/5-JW Rm4: Strength & Con-HS | Marni: KM Bag-JW Rm2: KM Level 1-CM | Marni: KM Level 2/3-KM Rm4: Strength&Con-MM | Marni: KM Bag-CM Rm2: KM Level 2/3-RS | | |
| 12:30pm | | | | | | Rm2: KM Level 1-KM Marni: Fight 1-CM | Marni: KM Level 1-RN |
| 3:45pm | | | | Rm3: KM Kids Xplorer Beg.-AAR | | RESERVED FOR SEMINARS AND BELT TESTS | RESERVED FOR SEMINARS AND BELT TESTS |
| 4:00pm | Rm3: KMKidsXplorer Beg.-RSc | Rm3: KMKidsXplorer Beg.-KM | Rm3: KMKids 2-Aar/RSc | | Rm3: KMKids Xplorers All-AAR | | |
| 4:15pm | | | | Rm3: KM Kids 1-AAR | | | |
| 4:30pm | Rm3: KM Kids1-AAR Marni: KM Bag-KM | Rm3: KMKidsXplorer Adv.-KM | | | Rm3: KM Kids 1-AAR | | |
| 4:45pm | | | Rm3: KMKids 1-Aar/RSc | | | | |
| 5:00pm | | Rm3: KM Kids Sparring-KM | | Rm3: KM Kids Sparring-AAR | | | |
| 5:15pm | Rm2: KM Kids 2/3-AAR | | | | Rm3: KM Kids 2-AAR | | |
| 5:30pm | Marni: KM Level 1-TG Rm3: KM Level 2-KM | Marni: KM Level 2-RN Rm2: Thai Pads-MA | Marni: KM Level 1-AAb Rm2: Thai Pads-MS Rm4: Strength&Con- MSa Rm3: KM Kids 3/4-Aar/RSc | Marni: KM Level 3-OL Rm2: KM Level 4/5-CM Rm4: Strength&Con-MM | Marni: KM Level 1-OL Rm2: Thai Pads - CM | | |
| 5:45pm | | Rm3: KMKids 3-KM | | Rm3: KM Teens-AAR | | | |
| 6:00pm | | | | | Rm3: KM Kids3/4-AAR | | |
| 6:30pm | Marni: KM Bag-OL Rm4: Weapons-TG Rm2: Intro Fight-RT | Marni: KM Bag- AAb Rm2: KM Level 1-RN Rm4: Strength & Con-ZM | Marni: KM Bag-AAb Rm2: KM Level 2-OL Rm4: Mobility-MSa | Marni: KM Bag-OL Rm2: KM Level 1-CM | Marni: KM Bag-KHu Rm2: KM Level 2/3-CM | | |
| 7:30pm | Rm2:KM Level 1-BB Marni: KM Level 4/5-OL Rm4:Strength&Con-MSa | Marni: KM Level 4/5- CH Rm2: KM Level 3-AAb Rm3: Intro Ground Fight-RB | Marni: KM Level 1-OL Rm2: KM Level 3/4-RS | Marni: KM Level 2/3-MA Rm2: Intro Fight-CM | | | |
| 8:30pm | Marni: KM Bag-OL Rm2: KM Level 2/3-MA | Marni: KM Bag -AAb Rm2: KM Level 1-DR | Marni: KM Bag-RT | Marni: KM Level 1 - MA Rm2: Intro Ground Fight-CM | | | |
| | KM Bag | KM Level 1 | Fight | KM Kids | Strength & Con. | | |

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|-------------------------|-----------------------|-----------------------|------------------------|
| AAb – Archie Abarghoei | HS – Hannah Smith | MR – Matt Romond | RSc – Ryan Schreier |
| AAR – Alfredo Arroyo | JD – Jay Denton | MS – Miriam Schimmel | RS – Reginald Stalling |
| BB – Brandon Bodkin | JW – Jason Wonacott | MSa – Michelle Sadigh | RT – Remy Thorne |
| BC – Bianca Cornejo | KC – Kelly Campbell | MSo – Mikey Sodemani | TG – Todd Goldman |
| CM – Christian Medina | KHu – Kyle Hughley | OL – Oscar Leiva | ZM – Zachary Miller |
| CH – Christopher Hunt | KM – Kimberly Mills | RB – Richard Bresler | |
| DR – Danny Romero | MA – Mario Alaniz | RC – Ross Cascio | |
| GK – Gabriel Khorramian | MM – Michael Margolin | RN – Ryan Nissenbaum | |

*Classes and instructors subject to change.

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. |
| WEAPONS | Focused on defending knives, guns, and more. Open to all KravMaga Level 2 students and above. |

FIGHTING CLASSES

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|--------------------------------|--|
| INTRO FIGHT | KravMaga street fighting – for beginning level students with little or no fighting experience. |
| FIGHT 1 | KravMaga street fighting – for beginning level fighters and/or those who have completed the INTRO FIGHT class. |
| INTRO GROUND FIGHT(BJJ) | An intro to Brazilian Jiu-Jitsu ground fighting. |
| GROUND FIGHT (BJJ) | Multi-level Brazilian Jiu-Jitsu ground fighting. |
| GRAPPLING | Covers basic takedown setups, takedowns, and takedown defenses, taught using KravMaga principles and adapted for self- defense purposes. Open to Level 2 and above, and/or Fight members. |
| MMA | An advanced fighting class, where the goal is to improve all levels of ring and cage fighting: Stand-up fighting, take downs and ground fighting. |
| THAI PADS | The instructor in the Thai Pad 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). |

FITNESS CLASSES

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|----------------------------|--|
| THAI PADS | The instructor in the Thai Pad 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). |
| 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 & CON. | Based on Cross Fit principles, this class focuses on strength building and toning through body weight exercises and the use of dumbbells and kettle bells. |
| MOBILITY | Combines yoga and physical therapy to increase flexibility and performance, which will help strengthen all subsequent workouts. <i>(Open to all members)</i> |

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 Belts Level 4: Blue and Brown Belts |
| KM Kids Sparring | Focused on various typed of cross-training programs such as Muay-Thai, stick defenses, Brazilian Jiu-Jitsu, MMA, 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. Kids classes are 30 minutes long.
- Class sizes are limited – please arrive 5-10 minutes early for check-in.
- MANDATORY** Dress code in KravMaga classes: KravMaga 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, shinguards, and 16oz boxing gloves are required for stand up fight classes.

2020 INTRO FIGHT CYCLES

| MONDAY 6:30PM | | | THURSDAY 7:30PM | | |
|---------------|-----------|------------|-----------------|--------------|-------------|
| January 6 | June 1 | October 26 | February 13 | July 2 | November 19 |
| March 16 | August 10 | | April 23 | September 10 | |