

# Class Schedule

EFFECTIVE 08/30/23

## IN-PERSON CLASSES

|                                    | Monday      | Tuesday       | Wednesday   | Thursday    | Friday      | Saturday      | Sunday       |
|------------------------------------|-------------|---------------|-------------|-------------|-------------|---------------|--------------|
| <b>Krav Maga Level 1</b>           |             | 5:15-6:15pm   | 5:15-6:15pm | 5:15-6:15pm |             | 9:30-10:30am  |              |
| <b>Krav Maga Level 1/2</b>         | 5:15-6:15pm |               |             |             |             |               |              |
| <b>Krav Maga Level 2</b>           |             | 6:15-7:15pm   |             | 5:15-6:15pm |             | 10:30-11:30am |              |
| <b>Krav Maga Level 3</b>           |             | 5:15-6:15pm   | 5:15-6:15pm |             |             |               |              |
| <b>Krav Maga Level 3/4</b>         | 6:15-7:15pm |               |             |             |             | 10:30-11:30am |              |
| <b>Krav Maga Level 5</b>           |             |               |             | 6:15-7:15pm |             |               |              |
| <b>Krav Maga All Levels</b>        |             |               |             |             | 5:15-6:15pm |               |              |
| <b>Krav Maga Teen</b>              | 6:15-7:15pm |               | 6:15-7:15pm |             |             | 9:30-10:30am  |              |
| <b>Krav Maga Youth</b>             | 5:15-6:15pm |               | 5:15-6:15pm |             |             | 9:30-10:30am  |              |
| <b>Wrestling/Ground</b>            |             |               | 6:15-7:15pm |             |             |               |              |
| <b>Thai Pads/Conditioning</b>      |             |               |             | 6:15-7:15pm |             |               |              |
| <b>Heavy Bag</b>                   |             | 6:15-7:15pm   |             |             | 6:15-7:15pm |               |              |
| <b>Fight Fundamentals</b>          |             | 7:15-8:15pm   |             |             |             |               |              |
| <b>Krav Fit/Fight Conditioning</b> |             | 11:30-12:30pm |             |             |             |               |              |
| <b>Strength &amp; Conditioning</b> | 6:15-7:15pm | 6:15-7:15pm   | 6:15-7:15pm |             |             | 10:30-11:30am |              |
| <b>Strongman</b>                   |             |               |             |             |             |               | 9:00-10:30am |
| <b>Open Gym</b>                    | 4:15-5:15pm | 4:15-5:15pm   | 4:15-5:15pm | 4:15-5:15pm |             | 11am-12pm     |              |