

Effective October 10, 2020

ALPHA ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	KM1 - Basics	KravFit	KM1 - Basics	KravFit		
7:00AM						
8:00AM						KravFit
9:00AM						KravYoga
10:00AM						Ground Survival
11:00AM	KM1 - Basics		KM1 - Basics		KM1 - Basics	KM1 - Basics
12:00PM						
5:00PM	KM1 - Basics		StaySafe			
6:00PM	KM2 - Intermediate	KravFit	StrikeLab	KM1 - Basics		
7:00PM	KM1 - Basics	KravYoga	KM1 - Basics	KravFit		
8:00PM	StaySafe	KM1 - Basics		KM1 - Basics		

BRAVO ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM						
9:00AM						KM2/3
10:00AM						
11:00AM						
12:00PM						
5:00 PM	KKM1 - (Ages 6-9)		KKM1 - (Ages 6-9)			
6:00 PM	KKM1 - (Ages 10-13)	KM1 - Basics	KKM1 - (Ages 10-13)	KM4/5 - Expert		
7:00 PM	StrikeLab	Ground Survival	KM2 - Intermediate	StrikeLab		
8:00 PM		KM3 - Advanced				