

# Effective June 14, 2021

## 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	KKM1 (All Ages)		KKM1 (All Ages)		
6:00PM	KM2 - Intermediate	KravFit	SL2 - Fight Basics**	KM1 - Basics		
7:00PM	KM1 - Basics	Ground Survival	KM2 - Intermediate	SL1 - Intro to Fight*		
8:00PM		KM1 - Basics		KM2 - Intermediate		

## BRAVO ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM						
9:00AM						SL1 - Intro to Fight*
10:00AM						
11:00AM						KM2/3
12:00PM						
5:00 PM	KKM1 (Ages 6-9)	KKM2 (All Ages)	KKM1 (Ages 6-9)	KKM3 (All Ages)		
6:00 PM	KKM (Ages 10-13)	KM1 - Basics	KKM1 (Ages 10-13)	KM3 - Advanced		
7:00 PM	SL3 -Advanced Combatives***	KravYoga	KM1 - Basics	KravFit		
8:00 PM	KM4/5 - Expert	KM3 - Advanced				

\*10 or more KM1 - Basics classes required

\*\*Successful completion of Level 1 test and instructor approval required

\*\*\*Successful completion of Level 2 test and instructor approval required

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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		KKM1 (All Ages)				KKM1 (All Ages)
6:00PM		KM2 - Intermediate		KravFit				SL2 - Fight Basics**
7:00PM	KM1 - Basics	Ground Survival	KM2 - Intermediate	SL1 - Intro to Fight*				
8:00PM		KM1 - Basics		KM2 - Intermediate				

## BRAVO ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00AM							
9:00AM							SL1 - Intro to Fight*
10:00AM							KM2/3
11:00AM							
12:00PM							
5:00 PM	KKM1 (Ages 6-9)	KKM2 (All Ages)	KKM1 (Ages 6-9)	KKM3 (All Ages)			
6:00 PM	KKM (Ages 10-13)	KM1 - Basics	KKM1 (Ages 10-13)	KM3 - Advanced			
7:00 PM	SL3 -Advanced Combatives***	KravYoga	KM1 - Basics	KravFit			
8:00 PM	KM4/5 - Expert	KM3 - Advanced					

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\*\*Successful completion of Level 1 test and instructor approval required

\*\*\*Successful completion of Level 2 test and instructor approval required