

Effective October 4th, 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)	KKM2 (All Ages)	KKM1 (All Ages)		
6:00PM	KM2 - Intermediate	KM1 - Basics	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	KKM1 (Ages 10-13)	KravFit	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