

Effective December 1st, 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 - Intermediate | | | 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