

# Effective January 30th, 2023

## ALPHA ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	KM1 - Basics	Combat Cardio	KM1 - Basics	KravFit		
7:00AM						
8:00AM						KravFit
9:00AM						Intro to Weapons*
10:00AM						Ground Survival
11:00AM	KM1 - Basics		KM1 - Basics		KM1 - Basics	KM1 - Basics
12:00PM						
4:00PM					Combat Cardio	
5:00PM	KM1 - Basics	KKM1 (All Ages)	KKM2 (All Ages)	KKM1 (All Ages)	KM1 - Basics	
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	KM4/5 – Expert II	KM3 - Advanced		KM2 - Intermediate		

## BRAVO ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM						
9:00AM						KravYoga
10:00AM						KKM Open (All Ages)
11:00AM			KM2/3			KM2/3
12:00PM						
5:00 PM	KKM1 (Ages 6-9)	KKM2 (All Ages)	KKM1 (Ages 6-9)	KKM2/3 (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		KM1 - Basics		KM4 – Expert I		

\*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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12:00PM						
4:00PM					Combat Cardio	
5:00PM	KM1 - Basics	KKM1 (All Ages)	KKM2 (All Ages)	KKM1 (All Ages)	KM1 - Basics	
6:00PM	KM2 - Intermediate	KM1 - Basics	SL2 - Fight Basics**	KM1 - Basics		
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