

# Effective April 22nd, 2024

## ALPHA ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	KM1 - Basics	SL1 - Intro to Fight <sup>1</sup>	KM1/2			
7:00AM						
8:00AM						KM2 - Intermediate
9:00AM						Intro to Weapons <sup>1</sup>
10:00AM						Ground Survival
11:00AM		KM1/2	KM2/3	KM1/2		KM1 - Basics
12:00PM						
4:00PM					Combat Cardio <sup>4</sup>	
5:00PM	KM1 - Basics	KKM1 (All Ages)	KKM3 (All Ages)	KKM1 (All Ages)	KM1 - Basics	
6:00PM	KM3 - Advanced	KM1 - Basics	SL1 - Intro to Fight <sup>1</sup>	Combat Cardio <sup>4</sup>		
7:00PM	KM2 - Intermediate	Ground Survival	KM1 - Basics	KM1 - Basics		
8:00PM		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						KM3/4
12:00PM						
5:00PM	KKM1 (Ages 6-9)	KKM2 (All Ages)	KKM1 (Ages 6-9)	KKM2/3 (All Ages)		
6:00PM	KKM1 (Ages 10-13)	KravFit	KKM1 (Ages 10-13)	KM3 - Advanced		
7:00PM	SL3 - Advanced Combatives <sup>3</sup>	KravYoga / Stretch & Core	KM2 - Intermediate	SL2 - Fight Basics <sup>2</sup>		
8:00PM	KM4/5 - Expert II	KM1/2		KM4 - Expert I		

1. 10 or more KM1 - Basics classes required
2. Successful completion of Level 1 test and instructor approval required
3. Successful completion of Level 2 test and instructor approval required
4. 16oz boxing gloves & hand wraps required

# Effective April 22nd, 2024

## ALPHA ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	KM1 - Basics	SL1 - Intro to Fight <sup>1</sup>	KM1/2			
7:00AM						
8:00AM						KM2 - Intermediate
9:00AM						Intro to Weapons <sup>1</sup>
10:00AM						Ground Survival
11:00AM		KM1/2	KM2/3	KM1/2		KM1 - Basics
12:00PM						
4:00PM					Combat Cardio <sup>4</sup>	
5:00PM	KM1 - Basics	KKM1 (All Ages)	KKM3 (All Ages)	KKM1 (All Ages)	KM1 - Basics	
6:00PM	KM3 - Advanced	KM1 - Basics	SL1 - Intro to Fight <sup>1</sup>	Combat Cardio <sup>4</sup>		
7:00PM	KM2 - Intermediate	Ground Survival	KM1 - Basics	KM1 - Basics		
8:00PM		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						KM3/4
12:00PM						
5:00PM	KKM1 (Ages 6-9)	KKM2 (All Ages)	KKM1 (Ages 6-9)	KKM2/3 (All Ages)		
6:00PM	KKM1 (Ages 10-13)	KravFit	KKM1 (Ages 10-13)	KM3 - Advanced		
7:00PM	SL3 - Advanced Combatives <sup>3</sup>	KravYoga / Stretch & Core	KM2 - Intermediate	SL2 - Fight Basics <sup>2</sup>		
8:00PM	KM4/5 - Expert II	KM1/2		KM4 - Expert I		

1. 10 or more KM1 - Basics classes required
2. Successful completion of Level 1 test and instructor approval required
3. Successful completion of Level 2 test and instructor approval required
4. 16oz boxing gloves & hand wraps required