

# Effective November 1st, 2024

## ALPHA ROOM

|         | Monday             | Tuesday         | Wednesday                         | Thursday                   | Friday                     | Saturday                      |
|---------|--------------------|-----------------|-----------------------------------|----------------------------|----------------------------|-------------------------------|
| 6:00AM  |                    | KM1/2/3         |                                   |                            |                            |                               |
| 7:00AM  |                    |                 |                                   |                            |                            |                               |
| 8:00AM  |                    |                 |                                   |                            |                            | KM2 - Intermediate            |
| 9:00AM  |                    |                 |                                   |                            |                            | Intro to Weapons <sup>1</sup> |
| 10:00AM |                    |                 |                                   |                            |                            | Ground Survival               |
| 11:00AM |                    | KM1/2           | KM1/2/3                           | KM1/2                      |                            | KM1 - Basics                  |
| 12:00PM |                    |                 |                                   |                            |                            |                               |
| 4:00PM  |                    |                 |                                   |                            | Combat Cardio <sup>4</sup> |                               |
| 5:00PM  | KM1 - Basics       | KKM1 (All Ages) | KKM2/3 (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 (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                  |        |                     |

- 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
- 16oz boxing gloves & hand wraps required

# Effective November 1st, 2024

## ALPHA ROOM

|         | Monday             | Tuesday         | Wednesday                         | Thursday                   | Friday       | Saturday |       |         |                            |  |
|---------|--------------------|-----------------|-----------------------------------|----------------------------|--------------|----------|-------|---------|----------------------------|--|
| 6:00AM  |                    | KM1/2/3         |                                   |                            |              |          |       |         |                            |  |
| 7:00AM  |                    |                 |                                   |                            |              |          |       |         |                            |  |
| 8:00AM  |                    |                 |                                   |                            |              |          | KM1/2 | KM1/2/3 | KM1/2                      |  |
| 9:00AM  |                    |                 |                                   |                            |              |          |       |         |                            |  |
| 10:00AM |                    |                 |                                   |                            |              |          |       |         |                            |  |
| 11:00AM |                    |                 |                                   |                            |              |          |       |         |                            |  |
| 12:00PM |                    |                 |                                   |                            |              |          |       |         |                            |  |
| 4:00PM  |                    |                 |                                   |                            |              |          |       |         | Combat Cardio <sup>4</sup> |  |
| 5:00PM  | KM1 - Basics       | KKM1 (All Ages) | KKM2/3 (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 (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