



KRAV MAGA™
OFFICIAL TRAINING CENTER

CENTRAL CAMPUS SCHEDULE

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY		SATURDAY	
ADVANCED TRAINING 5:30-7A CJ Lilly Room	META Annalisa/Parker 5:25-6A Marni Room KM 1 6 - 7A Annalisa/Parker Marni Room	ADVANCED TRAINING 5:30-7A CJ Lilly Room	FIT to FIGHT 5:25 - 6:25A Matt Marni Room	META 5:25 - 6A KM 1 6 - 7A Charlie Lilly Room	Matt Lilly Room KM 2/3 6 - 7A Matt Marni Room	KM 5/6/7 5:25 - 7A CJ Lilly Room	ADVANCED TRAINING 5:30-7A CJ Lilly Room	META 6 - 7A Bill Marni Room	INSTRUCTOR 7-9A Lilly Room INTRO 9 - 11A CJ/Chris Lilly Room	ADV TRAINING 7:30-9A CJ Marni Room META 9 - 9:35A David Marni Room All Levels 9:35 - 10:35A David Marni Room FTF YOUTH 10:35 - 11:15A (5-8yrs) Marni Room FTF YOUTH 11:15-12P (9yrs+) Marni Room
META 10:30 - 11A Chris Lilly Room	Chris Lilly Room							Charles Lilly Room		
KM 1/2 11 - 12P Lilly Room	Chris Lilly Room	ADVANCED TRAINING 11:00A-12:30P CJ Lilly Room		ADVANCED TRAINING 11:00A-12:30P CJ Lilly Room		META 11:30 - 12P Chris Lilly Room KM 1/2 12 - 1P Chris Lilly Room	KM 1/2 11 - 12P Charles Lilly Room	Charles Lilly Room		
		FTF YOUTH 4:30 - 5:15P (5-8yrs) Lilly Room	(5-8yrs) Lilly Room	BLACKBELT 4:30 - 5:30P (5-8yrs) Lilly Room	(5-8yrs) Lilly Room	FTF YOUTH 4:30 - 5:15P (5-8yrs) Lilly Room	(5-8yrs) Lilly Room			
		FTF YOUTH 5:15 - 6P (9yrs+) Lilly Room	(9yrs+) Lilly Room	BLACKBELT 5:30 - 6:30P (9yrs+) Lilly Room	(9yrs+) Lilly Room	FTF YOUTH 5:15 - 6P (9yrs+) Lilly Room	(9yrs+) Lilly Room			
META 6 - 6:35P Arnold Lilly Room	ADVANCED TRAINING 6-7:30P CJ Lilly Room	META 6:15-6:45P Jake Lilly Room	COMB 1/2 6:15-7:15P Mike Marni Room	KM 2/3 6:45-7:45P Trea Lilly Room	KM 1 6:15P-7:15P Carl Marni Room	KM1/2 6:15P-7:15P Travis Lilly Room	ADVANCED TRAINING 6:15-7:45P CJ Lilly Room	FTF YOUTH 5:30 - 6:15P (5-8yrs) Lilly Room FTF YOUTH 6:15 - 7P (9yrs+) Lilly Room		BLACKBELT 1:30-2:30P (5-8yrs) Lilly Room BLACKBELT 2:30-3:30P (9yrs+) Lilly Room
KM 1/2 6:35 - 7:35P Arnold Lilly Room	Marni Room	KM1 6:45-7:45P Jake Lilly Room	META 7:15-7:50P Mike Marni Room	KM 3/4 7:45P-8:45P Trea Lilly Room	KM 1 7:15-8:15P Carl Marni Room	FIT to FIGHT 7:15P-8:15P Travis Lilly Room	Marni Room			
KM 1 7:35-8:30P James Lilly Room	COMB 1/2 7:35-8:35P Arnold Marni Room	Heavy Bag 7:45-8:45P Jake Lilly Room								

Yellow	Krav Maga Level 1
Orange	Krav Maga Level 2
Green/Blue	Krav Maga Level 3/4
Brown/Black	Krav Maga Level 5/6/7
All Levels	Krav Maga All Levels
Lilly Room	Front Room
Marni Room	Back Room

Combatives- COMB 1/2

* Combatives 1/2 is a high-intensity class focusing on all Level 1 & 2 combatives

Meta/Mor/Phys-META

*Meta/Mor/Phys A kettle bell based, functional fitness class.

Fit to Fight

*Fit to Fight fighting drills derived from Muay Thai, boxing & wrestling for SELF DEFENSE

Heavy Bag

* Heavy Bag Class- learn bag combinations with punches and kicks