



# KRAV MAGA<sup>®</sup>

## OFFICIAL TRAINING CENTER

# CENTRAL CAMPUS

## SCHEDULE

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
ADVANCED TRAINING 5:30-7A	KRAV ATHLETICS 5:25-6A Marni Room	ADVANCED TRAINING 5:30-7A	FIT to FIGHT 5:25 - 6:25A	KRAV ATHLETICS 5:25 - 6A		ADVANCED TRAINING 5:30-7A		INSTRUCTOR 5:25-7A	KRAV ATHLETCS 6 - 7A	INSTRUCTOR 7-9A Lilly Room	ADV TRAINING Marni Room
	KM 1 6 - 7A		Marni Room	KM 1 6 - 7A	KM 2/3 6 - 7A						
Lilly Room	Marni Room	Lilly Room		Lilly Room	Marni Room			Lilly Room		Lilly Room	Marni Room
KRAV ATHLETCS 10:30 - 11A								KRAV ATHLETCS 10:30 - 11A		All Levels 9:35 - 10:35A	
Lilly Room								Lilly Room		Marni Room	
KM 1/2 11 - 12P		ADVANCED TRAINING		ADVANCED TRAINING 11:00A-12:30P		KRAV ATHLETICS 11:30 - 12P		KM 1/2 11 - 12P		Marni Room	
Lilly Room		Lilly Room		Lilly Room		Lilly Room		Lilly Room		FTF YOUTH 10:35 - 11:15A (5-8yrs)	
										Marni Room	
		FTF YOUTH 4:30 - 5:15P		BLACKBELT 4:30 - 5:30P		FTF YOUTH 4:30 - 5:15P				FTF YOUTH 11:15-12P (9yrs+)	
(9yrs+)		(5-8yrs)		(5-8yrs)		(5-8yrs)				Marni Room	
Lilly Room		Lilly Room		Lilly Room		Lilly Room					
TEEN CLASS 5:30 - 6:15P		FTF YOUTH 5:15 - 6P		BLACKBELT 5:30 - 6:30P		FTF YOUTH 5:15 - 6P		FTF YOUTH 5:30 - 6:15P		BLACKBELT 1:30-2:30P (5-8yrs)	
(9yrs+)		(9yrs+)		(9yrs+)		(9yrs+)		(5-8yrs)		Lilly Room	
Lilly Room		Lilly Room		Lilly Room		Lilly Room		Lilly Room		Lilly Room	
KRAV ATHLETICS 6:15 - 6:45P	ADVANCED TRAINING 6-7:30P	KRAV ATHLETICS 6:15-6:45P	COMB 1/2 6:15-7:15P	KM 2/3 6:45-7:45P	KM 1 6:15P-7:15P	KM1/2 6:15P-7:15P	ADVANCED TRAINING 6:00-7:30P	FTF YOUTH 5:30 - 6:15P	(9yrs+)	BLACKBELT 2:30-3:30P (9yrs+)	
Lilly Room		Lilly Room	Marni Room	Lilly Room	Marni Room	Lilly Room		Lilly Room	6:15 - 7P	Lilly Room	Lilly Room
KM 1/2 6:45 - 7:45P	Marni Room	KM1 6:45-7:45P	KRAV ATHLETICS 7:15-7:50P	KM 3/4 7:45P-8:45P	KM 1 7:15-8:15P	FIT to FIGHT 7:15P-8:15P	Marni Room			Lilly Room	
Lilly Room		Lilly Room	Marni Room	Lilly Room	Marni Room	Lilly Room	COMB 1/2 7:35-8:35P				
KM 1 7:45-8:45P	COMB 1/2 7:45-8:35P	Heavy Bag 7:45-8:45P					Marni Room				
Lilly Room	Marni Room	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	
Krav Athletics	
* Krav Athletics is a high intensity class designed to improve all 10 domains of fitness	
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	