



TORCHED KRAV MAGA & FITNESS

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--|---|--|---|--|--|
| Morning | <p>5A - KM (ALL LEVELS)</p> <p>615A - OPWOD</p> <p>715A - ALL STRIKE</p> | | <p>5A - KM (ALL LEVELS)</p> <p>615A - ALL STRIKE</p> <p>715A - OPWOD</p> | | <p>5A - KM (ALL LEVELS)</p> <p>615A - OPWOD</p> <p>715A - ALL STRIKE</p> | <p>1015A - KM (ALL LEVELS)</p> <p>1130 - OPWOD</p> <p>1230P - ALL STRIKE</p> |
| Mid-day | | <p>1030A - OPWOD</p> <p>1130A - KM (ALL LEVELS)</p> <p>1245P - ALL STRIKE</p> | | <p>1030A - KM (ALL LEVELS)</p> <p>1130A - ALL STRIKE</p> <p>1245P - OPWOD</p> | | |
| Youth | <p>515P - YOUTH KM (5-8)</p> <p>615P - YOUTH KM (9+)</p> | <p>515P - YOUTH KM (9+)</p> <p>615P - YOUTH KM (5-8)</p> | <p>515P - YOUTH KM (5-8)</p> <p>615P - YOUTH KM (9+)</p> | <p>515P - YOUTH KM (9+)</p> <p>615P - YOUTH KM (5-8)</p> | | <p>1130A - YOUTH KM (5-8)</p> <p>1230P - YOUTH KM (9+)</p> |
| Evening | <p>530P - OPWOD</p> <p>630P - ALL STRIKE</p> <p>715P - KM (ALL LEVELS)</p> | <p>530P - ALL STRIKE</p> <p>630P - OPWOD</p> <p>715P - KM (ALL LEVELS)</p> | <p>530P - OPWOD</p> <p>630P - ALL STRIKE</p> <p>715P - KM (ALL LEVELS)</p> | <p>530P - ALL STRIKE</p> <p>630P - OPWOD</p> <p>715P - KM (ALL LEVELS)</p> | <p>6P - OPWOD</p> <p>6P - ALL STRIKE</p> | |